

Green Refresher Smoothie

Ingredients:

- 1 cup frozen mango or banana
- 2 cups frozen pineapple
- Handful of fresh mint
- Handful of kale or spinach - *I use bagged*
- 1 scoop vegan vanilla protein powder
- ½ cucumber (*I don't peel mine- you get more fiber this way!*)
- 8 oz of water - *add more if needed*

Directions

1. Add all ingredients to a high speed blender- I recommend a vitamix! I've had mine for years, and nothing else compares to the consistency.
2. Add more water if needed, ¼ cup at a time. I like a thick smoothie, so I am light on the water
3. Enjoy!



MADE WITH LOVE

by Teresa Forchard