

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
- 1/2 cucumber - *I don't peel it, you get more fiber this way*
- 8 oz of water - add more if wanted

Directions

1. Add all ingredients to a high speed blender - I recommend the Vitamix
2. Add more water if needed, 1/4 cup at a time, I like a thicker smoothie so I use less water
3. Enjoy

MADE WITH LOVE

by Teresa Forchard