

# greeña colada smoothie

**Makes 2 large servings**

RECIPE ADAPTED FROM: [Pineapple and Coconut](#)

PREP TIME: 5 minutes

- 1 cup coconut water
- ½ avocado, peeled and pitted
- 3-4 cups fresh spinach
- 1½ cups frozen pineapple chunks
- ¼" thick slice (or about ⅓) fresh lime, including peel
- 1 tbsp coconut oil
- Ice, if desired

ADD ingredients to a blender in this order: coconut water, avocado, spinach, pineapple, and lime.

BLEND on medium until spinach is starting to puree. While the blender is still on, slowly pour in coconut oil. Once added, blend on high.

TASTE and add ice for a thicker smoothie or additional water to thin, if needed, to reach desired consistency.



# kale, berry, banana smoothie

**Makes 1 serving**

PREP TIME: 5 minutes

- 2 cups fresh kale\*
- ¾ cup frozen blueberries or mixed berries
- ½ medium banana, frozen
- 1 scoop clean, unsweetened whey protein powder or other protein powder of choice
- ½ - 1 cup milk of choice
- 1 tsp vanilla, optional

BLEND all ingredients until smooth.

TASTE and add additional milk to thin, if needed to reach desired consistency.

ADD vanilla for a touch of sweetness, if desired.



**\*for a milder taste, use baby kale or spinach**