

Green Smoothie (Non Dairy)

Kale, Pineapple, Mango

Prep Time 10 minutes

Total Time 10 minutes

Servings 1 serving



Ingredients

- 60 grams of kale or other leafy greens like collards and spinach
- 40 grams of mango chunks peeled and cut into 1-inch cubes (this is easy to buy in frozen bags)
- 40 grams of pineapple chunks cut into 1/2-inch pieces (also easy to buy in frozen bags)
- half a banana for smoothness
- 1 tablespoon chia seeds I also like flax seeds (optional)
- 1 tablespoon oats (Optional)
- 1.5 cups water or coconut water. Until the smoothie reaches your desired consistency

Instructions

1. Measure and place all of the ingredients into the blender container. Optional: Allow the ingredients to sit overnight in the refrigerator.
2. Add water. Blend until smooth and serve immediately.

Banana and Mango Smoothie (Dairy)

Prep Time 10 minutes

Total Time 10 minutes

Servings 1-2 serving



Ingredients

- 1 cup frozen mango pieces or 1 whole mango peeled and chopped
- 1 ripe banana, peeled and cut in half
- 1 cup hilo milk
- 1 cup greek honey yogurt
- 1 cup crushed ice
- Pinch of cardamom (optional)

Instructions

Blend all ingredients except for the mint in a blender until very smooth and frothy. Taste and add sweetener if desired (I don't). Garnish with mint and drink immediately while still very cold!