

# TROPICAL GREEN SMOOTHIE

**Serves:** 4-6

**Approximate Cost of the Recipe:** \$4.76

**Approximate Cost per Serving:** \$1.19



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## INGREDIENTS:

1 banana  
2 cups spinach, packed  
1 cup frozen mango  
1 cup frozen pineapple  
Up to 3 cups milk or  
milk alternative  
(such as coconut  
milk)

## DIRECTIONS:

1. Wash hands and surfaces. Rinse fresh produce under running water.
2. Peel banana.
3. Add banana, spinach, mango, pineapple and one cup of milk/milk alternative. Blend until smooth, adding more milk as needed.
4. Serve and enjoy!