

Tropical Ginger Smoothie

1 SERVING 10 MINUTES



INGREDIENTS

3/4 cup Pineapple (diced)
2 tbsps Ground Flax Seed
1 1/2 tps Ginger (peeled and grated)
2 cups Baby Spinach
1/2 cup Water
4 Ice Cubes
1/4 cup Blueberries
1 tbsp Coconut Butter
1/4 cup Vanilla Protein Powder

DIRECTIONS

- 01 Throw all ingredients EXCEPT blueberries into the blender. Blend for a minute or until smooth.
- 02 Pour 3/4 of the mix into a glass (or a mason jar if you are on-the-go), leaving some space at the top.
- 03 Add blueberries to leftover mix and blend again for about 30 seconds. Spoon the blueberry mix on top of the green mix. Enjoy!

NUTRITION

AMOUNT PER SERVING

Calories	360	Potassium	631mg
Fat	16g	Vitamin A	5718IU
Carbs	34g	Vitamin C	80mg
Fiber	10g	Calcium	224mg
Sugar	17g	Iron	4mg
Protein	26g	Vitamin B12	0.6µg
Cholesterol	4mg	Magnesium	116mg
Sodium	95mg	Zinc	2mg