

# Green Pineapple Smoothie

8 ingredients · 5 minutes · 1 serving



## Directions

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1. Add all ingredients to a blender and blend until smooth. Pour into a glass and enjoy!

## Notes

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### Leftovers

Best enjoyed immediately.

### No Spinach

Use kale instead.

### Consistency

For a thicker smoothie add some ice cubes.

## Ingredients

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- 1/2 cup Frozen Pineapple
- 1 cup Baby Spinach
- 3/4 cup Water
- 1/4 Cucumber (chopped)
- 1/2 Lime (juiced)
- 2 tbsps Pumpkin Seeds
- 2 tbsps Hemp Seeds
- 1/4 cup Vanilla Protein Powder