

# Bloat-Fighting Tropical Smoothie

8 ingredients · 5 minutes · 1 serving



## Directions

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

## Notes

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### Likes it Sweet

Add raw honey.

### More Protein

Add hemp seeds or a scoop of vanilla protein powder.

### No Papaya

Use extra pineapple or other fruit like mango or oranges.

## Ingredients

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**1/2 cup** Papaya (chopped)

**1/2 cup** Pineapple (chopped)

**1/2** Cucumber (chopped)

**2 1/2** Ice Cubes

**1/4 cup** Mint Leaves

**1/2 cup** Baby Spinach

**1 tbsp** Chia Seeds

**1/2 cup** Water