

Tropical Green Smoothie

Prep Time 10 mins
 Total Time 10 mins
 Meal Type Breakfast, Snack
 Contributed By



Source Living Plate Teaching Kitchen

Servings 1



Ingredients

lb,c g,ml

- 1/2 banana, *frozen of fresh*
- 1/2 cups pineapple, frozen
- 1/2 avocado
- 1/2 cups kale, frozen (or spinach)
- 1 Tbs chia seeds
- 8 cashews, raw
- 1 cups almond milk, unsweetened (or milk of choice)

Directions

Prep

1. Chop fruits.
2. Measure ingredients.

Make

1. Place all ingredients into a blender and blend until smooth.
2. Add water for a thinner consistency or add ice for a thicker consistency.

Source: Nutrient data for this listing was provided by USDA Food Composition Database. Each "-" indicates a missing or incomplete value.

Nutrition information for recipes is calculated by retrieving and compiling individual food data from the USDA database. Factors such as brand selection, size of produce, and preparation can change nutrition information in any recipe. We offer this information as an estimate only.

Nutrition Facts	Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
	Total Fat 27.6g		42%	Total Carbohydrates 46g
Saturated Fat 3.9g		19%	Dietary Fiber 15g	59%
Trans Fat 0.0g			Total Sugars 19g	
Cholesterol 0mg		0%	Protein 9g	
Sodium 206mg		8%		
Vitamin D 3mcg 26% · Calcium 615mg 61% · Iron 4mg 20% · Potassium 1143mg 24%				

* The percent Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

- Show all nutrients -