



Green Smoothie

SERVINGS: 2

COOKING TIME: 10 MIN

Ingredients

1 cup soy milk

1 banana, frozen

1 cup pineapple, frozen

1 cup spinach

1/2 avocado

Optional: Greek yogurt, protein powder



Directions

1. Blend soy milk with spinach.
2. Add avocado, banana and pineapple. Blend until smooth.
3. Eat immediately or freeze into popsicle mold.