



# POWERHOUSE SPINACH BLEND tropical green smoothie

prep time:  
**10**

featured product:  
**POWERHOUSE SPINACH BLEND**

a delicious green smoothie with a citrus zing! this peppery smoothie recipe blends your favorite tropical fruits into an unforgettable sip. a blend of tangy pineapple, tropical mango, and crisp coconut water will make your taste buds soar while protein-packed spinach gives you your daily boost of green. sit back, relax, and think of island life - with this smoothie in hand you'll almost believe you're really there!



## ingredients

2 servings

### produce

[organicgirl POWERHOUSE SPINACH BLEND](#)

[organicgirl baby kale](#)

1 cup of chopped pineapple (fresh or frozen)

1 cup of chopped mango (fresh or frozen)

2 ripe bananas

½ cup of **Zico coconut water**

### grocery

coconut flakes, **Bob Red Mill Chia Seeds & Nutiva's Cocoa Nibs** for topping

## substitutions

? *substitute with* [baby spinach](#)

## directions

1. add greens, pineapple, mango, bananas and coconut water to a blender. blend until smooth.

[https://iloveorganicgirl.com/wp-content/uploads/2016/01/OR2020\\_Microvid\\_freezingSpinach\\_Square\\_6.mp4](https://iloveorganicgirl.com/wp-content/uploads/2016/01/OR2020_Microvid_freezingSpinach_Square_6.mp4)

2. top with coconut flakes, chia seeds and cocoa nibs, as desired. serve immediately.

bonus: for smoothie-ready greens at any time... 1. add to blender with water and blend.

[https://iloveorganicgirl.com/wp-content/uploads/2016/01/OR2020\\_Microvid\\_freezingSpinach\\_Square\\_3.mp4](https://iloveorganicgirl.com/wp-content/uploads/2016/01/OR2020_Microvid_freezingSpinach_Square_3.mp4)

3. pour mixture into ice cube tray and freeze.

[https://iloveorganicgirl.com/wp-content/uploads/2016/01/OR2020\\_Microvid\\_freezingSpinach\\_Square\\_4.mp4](https://iloveorganicgirl.com/wp-content/uploads/2016/01/OR2020_Microvid_freezingSpinach_Square_4.mp4)

4. assemble smoothie packs with ice cubes, pineapple, mango and bananas!

[https://iloveorganicgirl.com/wp-content/uploads/2016/01/OR2020\\_Microvid\\_freezingSpinach\\_Square\\_5.mp4](https://iloveorganicgirl.com/wp-content/uploads/2016/01/OR2020_Microvid_freezingSpinach_Square_5.mp4)