

Green Pineapple Smoothie

1 SERVING 5 MINUTES



INGREDIENTS

1 cup Frozen Pineapple
1 cup Baby Spinach
3/4 cup Water
1/2 Apple (peeled and chopped)
1/4 Cucumber (chopped)
1/2 Lime (juiced)

DIRECTIONS

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

NUTRITION

AMOUNT PER SERVING

Calories	154	Carbs	40g
Fat	1g	Protein	3g