



Tropical Green Delight Smoothie

Prep Time: 5 minutes

Yield: 1

Serving Size: 20 oz.

Ingredients

- ½ cup coconut water
- ¾ cup water
- ¾ cup nonfat vanilla greek yogurt
- 2 handfuls spinach
- 1 ½ cups tropical frozen fruit blend (ex. Pineapple, mango, and banana)
- 1 tbsp. Chia seeds

Nutrition Facts	
1 serving per container	
Serving size 1 serving (520g)	
Amount per serving	
Calories	310
% Daily Value*	
Total Fat 4.5g	6%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 140mg	6%
Total Carbohydrate 51g	18%
Dietary Fiber 9g	33%
Total Sugars 32g	
Protein 21g	
Vit. D 2mcg 10%	• Calcium 318mg 25%
Iron 3mg 15%	• Potas. 750mg 15%

Directions

1. Add coconut water, water, greek yogurt, spinach, frozen fruit, and chia seeds to a blender. Blend for 30 seconds or until smooth. Enjoy!

