



Tropical Green Smoothie

Yield: 2 servings

Ingredients

- 1 banana, frozen
- 2 cups fresh spinach
- 1 cup pineapple chunks, frozen
- 1 cup mango chunks, frozen
- ½ cup coconut milk, canned, light

Instructions

1. Add all ingredients to a blender with 1 cup of water and blend until smooth. Adding more water if necessary.

Nutrition Information

Serving Size: ½ of recipe
Calories: 206
Total Fat: 3 g
Saturated Fat: 3 g
Monounsaturated Fat: 0.1 g
Polyunsaturated Fat: 0.1 g
Sodium: 40 mg
Total Carbohydrate: 42 g
Dietary Fiber: 5 g
Sugars: 29 g
Protein: 3.6 g

Source: Adapted from Health meets Food

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