

# Tropical Smoothie



MAKES 2 SERVINGS

## Ingredients:

- 2 c spinach
- ½ c frozen mango
- ½ c frozen strawberries
- ½ c pineapple
- ¼ c walnuts
- 1 c water

## Directions:

Combine all ingredients in a blender. Add more or less water according to preference. Almond milk, coconut milk, or dairy milk can be used lieu of water.

