

Kid Approved Tropical Green Smoothie

INGREDIENTS

- 1 cup frozen tropical fruit
- 1 banana
- big handful of fresh spinach
- 1/4 cup coconut
- 1/4 cup chia seeds
- 3/4 cup Greek yogurt
- 3/4 cup milk of choice



DIRECTIONS

1. Throw all ingredients into a good quality blender and blend until smooth! Add more milk if needed (smoothie bowls are better with a thicker consistency)
2. To drink as a smoothie, pour into a large cup and add a straw! For a smoothie bowl, pour into a bowl and add toppings of choice (we added raspberries, banana, chia seeds and shredded coconut).
3. Enjoy!

Recipe by Sarah Remmer (online source: <https://www.sarahremmer.com/kid-approved-tropical-green-smoothie-recipe/>)