



Tropical Green Smoothie Recipe



Indulge in the delightful combination of sweet mango, tangy pineapple, nutritious spinach, fresh mint, hemp hearts, and the cooling touch of frozen grapes with this invigorating tropical green smoothie. A perfect way to jump-start your day or relish as an energizing midday treat.

Ingredients:

- 1 cup frozen mango chunks
- 1 cup frozen pineapple chunks
- 1/2 cup frozen grapes (green or red)
- 1 ripe banana, peeled and sliced
- 2 cups fresh (or frozen) spinach leaves
- 1 Tablespoon fresh mint leaves
- 3 Tablespoons hemp hearts
- 2 cups water (adjust for desired consistency)
- Optional: honey or agave syrup for a touch of sweetness

Prep Time: 5-10 MIN

Serves: 2



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Enjoy!!

Instructions

- Measure the frozen mango chunks and pineapple chunks. If using fresh fruit, you can freeze them ahead of time for a creamier texture.
- Thoroughly rinse the fresh spinach leaves under cold water and let them drain.
- Pluck the fresh mint leaves from the stems and gently wash them.
- Separate the grapes from the stem and keep them frozen until use.

Assemble the Smoothie:

- Place the frozen mango, pineapple chunks and grapes into a high-speed blender.
- Add the spinach leaves, sliced banana and fresh mint leaves to the blender.
- Sprinkle the hemp hearts over the other ingredients.

Blend the Ingredients:

- Pour in the water to aid in blending.
- If you prefer a touch of sweetness, you can add a drizzle of honey or agave syrup now.
- Start blending on low speed and gradually increase it to high speed until all the ingredients combine smoothly. Blend for about 1-2 minutes, or until the mixture turns smooth and creamy.

Serve and Enjoy:

- Pour the smoothie into glasses
- Savor the tropical medley of flavors while benefiting from the nutritional goodness of spinach, hemp hearts, and grapes.

Note:

- Customize the recipe by introducing a scoop of protein powder, collagen, chia seeds, or other fruits to enhance both taste and nutrition.
- Raise a glass to a vibrant and wholesome tropical green smoothie!

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