

Green Pina Colada Smoothie

Ingredients

- ¼ of a banana
- ¼ cup frozen pineapple
- ¼ cup frozen mango
- ½ cup coconut water
- ½ cup spinach
- 2 Tablespoons SF vanilla yogurt
- 2 teaspoons honey
- ½ cup Ice (as needed)

Directions

1. Add all ingredients into blender (add ice last), puree until smooth.
2. Serve immediately or freeze for later. Enjoy!

Yields - 16 oz.

Calories: 167
Carb: 39.6 g

Total Fat: 0.6 g
Sodium: 154.7 mg

Saturated Fat: 0.3 g
Fiber: 3.9 g

Protein: 3.3 g

