

# Tropical Green Smoothie

This Recipe is inspired by the "Oh She Glows" cookbook by Angela Liddon. My teenage daughters LOVE having this for an afterschool snack. If you don't want to spend money on coconut water (I rarely do) just use unflavored milk (soy, almond or cow).

## Ingredients

- 1 cup milk (light coconut milk or coconut water is a yummy variation)
- 1 cup frozen spinach
- 1 cup frozen mango
- 1/2 cup canned (or frozen) pineapple
- juice from a lime (1 Tablespoons)
- 1 teaspoon grated fresh ginger
- 1 cup pineapple juice juice from the can of pineapple

## Directions

Blend everything on high speed until no chunks remain. Add more milk if needed to aid with blending. Add 3-4 ice cubes for an icier texture.

## Tips

You can also use frozen pineapple. If use use frozen pineapple, you won't have the juice from the can. If this is the case, add 1 extra cup milk or water. You might need to add 1 teaspoon honey or sugar if you don't use pineapple juice.