



Serving For: 2

Simple | Healthy | Delicious

Green Tropical Smoothie

INGREDIENTS

½ avocado, chopped
1 banana
½ Cup ice
½ Cup kale
1 mango, chopped
1 pear
½ Cup spinach
½ Cup almond milk
1 Tbsp. almonds, toasted
1 Tbsp. coconut flakes, toasted
½ Cup Greek yogurt, plain
1 Tbsp. Nature's Earthly Choice Hemp Seeds



DIRECTIONS:

1. Layer ingredients in a bowl