



Simple | Healthy | Delicious

Kiwi, Pineapple and Chia Seed Smoothie

INGREDIENTS

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| 2 cups fresh baby spinach |
| 1 cup sliced kiwi |
| 1 banana, cut up |
| 1/2 cup plain Greek yogurt |
| 1/4 cup chopped fresh pineapple 1/4 cup orange juice |
| 2 Tbsp. chia seeds |



DIRECTIONS:

1. In a blender, combine spinach, kiwi, banana, yogurt, pineapple, orange juice and chia seeds. Cover and blend until nearly smooth, scraping sides of blender if necessary. Divide smoothie into two glasses and top with additional berries if desired.