



Simple | Healthy | Delicious

Spinach Superfood Smoothie

INGREDIENTS

1 cup baby spinach
1 banana
1 cup diced pineapple
2 tablespoons honey or maple syrup
1 cup milk of choice
1 to 2 tablespoons Nature's Earthly Choice Superfood Blend



DIRECTIONS:

1. In a blender, combine the baby spinach, banana, pineapple, honey, milk, and superfood blend. For an icier smoothie, add a handful of ice cubes. Blend until combined and smooth.
2. Pour into glasses and serve.