

# Tropical Green Smoothie

## Ingredients

### Yield: 1 serving

2 cups spinach, fresh or frozen  
½ cup coconut milk, canned,  
light  
½ cup pineapple juice, 100%  
1 cup ice  
1 banana, frozen  
1 cup pineapple chunks, frozen  
3 each kiwi, peeled, diced

## Instructions

1. Gather all ingredients and equipment.
  2. Blend all ingredients in a blender or food processor until smooth.
- Variation: Feel free to use any combination of leafy green and fruit that you would like!
- Serve cold.

## Nutrition Information

### Serving Size: 1

Calories: 90  
Total Fat: 2 g  
Saturated Fat: 1.5 g  
Monounsaturated Fat: 0 g  
Trans Fat: 0 g  
Protein: 1 g  
Carbohydrates: 18 g  
Sugars: 11 g  
Dietary Fiber: 2 g  
Sodium: 31 mg

Source: Goldring Center  
for Culinary Medicine



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