

SMOOTHIE

Serves: 1

Glycemic Load: 6



Pineapple Spinach Blast

Ingredients:

1.5 cups of spinach

1 piece of pineapple

½ green apple

½ lemon peeled

½ avocado

½ Tbsp grated ginger

½ - ¾ cup [coconut water](#)

2-4 cubes of ice

Optional add 2 scoops of [Protein Powder](#) to make this a meal.

Method:

Smash ice in a blender .

Rinse spinach and add to blender.

Add remaining ingredients and blend until smooth

I like to have this smoothie with scrambled eggs on the side. This makes an amazing breakfast.