



GREEN & JOLLY SMOOTHIE

Ingredients

- 1/2 frozen banana
- 1 kiwi
- 1/2 an apple
- 1/2 cup of frozen pineapple
- 1/2 cup spinach
- 1/4 of an avocado (fresh or frozen)
- 1 tbsp chia
- 1 tbsp hemp
- 1 tsp flax
- 1/2 cup of coconut water
- 1/2 cup of water
- Ice to ensure it's refreshing

