

# Pineapple Spinach Smoothie

## Ingredients:

- 1 ½ cups spinach
- 1 cup kale
- 1 frozen banana
- 1 cup coconut milk (full fat, not the water in the can. Think Thai Kitchen that you use for curry)
- 1/2 cup frozen mango
- 1 1/2 cup water
- 2 tbsp chia or flax seed
- 1 cup chopped pineapple

## Directions:

1. Place all of the ingredients into a blender.
2. Blend until smooth. If it is too thick, add extra water.
3. Serve.