

RECIPES FROM three eighty ate

GREEN REFRESH SMOOTHIE

8 fl oz	Coconut Water
1/2 cup	Pineapple, Chopped
1/2 cup	Frozen Mango, Chunks
1 cup	Kale, Chopped
1 cup	Spinach

Measure liquid into a blender. Add remaining ingredients. Blend until smooth.

Portion: 16 oz Smoothie

Nutrition: 129 calories, 1g fat, 31g carbs, 3g protein, 82mg sodium

Yield: 1 serving