

TASTY GREEN SMOOTHIES (ROTATE FREELY)

All smoothies are 32 oz, lightly sweet, and green-forward.



1. PINEAPPLE MINT GREEN (Crowd Favorite)

Light, refreshing, not grassy

Ingredients

- 2 cups spinach
- 1 cup frozen pineapple
- ½ cucumber
- Juice of ½ lemon
- 6–8 mint leaves
- Water or coconut water to 32 oz

Why it works:

Mint + pineapple soften greens without overwhelming sweetness.