



Pineapple Green Smoothie

Cook 5 m

Ready In 5 m

Recipe By: EatingWell Test Kitchen

“Use ripe bananas for this creamy Greek yogurt, spinach and pineapple smoothie. Chia seeds add healthy omega-3 fats, fiber and a little protein for an extra nutritional boost. ”

Ingredients

- ½ cup unsweetened almond milk
- ⅓ cup nonfat plain Greek yogurt
- 1 cup baby spinach
- 1 cup frozen banana slices (about 1 medium banana)
- ½ cup frozen pineapple chunks
- 1 tablespoon chia seeds
- 1-2 teaspoons pure maple syrup or honey (optional)

Directions

Add almond milk and yogurt to a blender, then add spinach, banana, pineapple, chia and sweetener (if using); blend until smooth.