

Green Smoothie



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Green smoothies continue to dominate in popularity as a healthy breakfast choice. Getting in your greens at breakfast ensures you're starting the day off with a boost of nutrients and energy that will get you through the morning. The best of the best longevity foods are leafy greens such as spinach, kale, beet and turnip tops, chard, and collards. If you're feeling adventurous swap out the spinach for a different variety of leafy greens. This simple, delicious smoothie has a creamy texture from the avocado and a tropical zing from the pineapple.

INGREDIENTS

- 2 cups spinach
- 3 cups unsweetened almond milk
- 1 cup frozen mango chunks*
- 1 cup pineapple, cubed*
- 1/2 avocado
- 1/4 tsp [Essentials Blend Plus](#) blue green algae powder

***fruits** can vary according to your taste: berries are great source of fiber and antioxidants, tropical fruits add a nice flavor. Best to try to keep to seasonal fruits until warmer weather when the body can process more exotic foods.

DIRECTIONS

1. Combine all ingredients in a blender. Blend until smooth.

Yield: Serves 3

Per serving: calories 164, fat 6g, sodium 145mg, fiber 5g, protein 2g

Source: Jen Heringhausen, Hy-Vee dietitian and chef