



PINEAPPLE SPINACH SMOOTHIE



Prep Time
5 Minutes



Cook Time
5 Minutes



Serves
1-2

NOTE: To serve more people just increase as needed!

Ingredients

1x Handful of Baby Spinach
1/2 Bowl of Chopped Pineapples
1x Heaping Tablespoon of RESTORE Chia
1x Teaspoon of Coconut Oil
1/2 Glass of Water

Want extra nutritious? Extra delicious?

Add some honey or more coconut oil.

RESTORE™ Tip

We hope you enjoyed this SUPER nutritious, SUPER delicious drink. Cheers to your health!

Instructions

- 1) Place all ingredients into a blender.
- 2) Blend for 10 – 15 seconds.
- 3) Pour into a glass.
- 4) Enjoy!