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# Easy Beginner's Green Smoothie

Cook Time: 5 min

prep Time: 5 min

total Time: 10 min

servings: 1

Ingredients:

1/2 cup Frozen Pineapple

1/2 cup Frozen Banana

1/3-1/2 cup Coconut Water or water

1 1/2 cups Spinach

1/2 small avocado

1/2-1 tablespoon grated fresh ginger

1/2-1 tablespoon Lemon Juice

1-2 tablespoons Hemp Seeds

1 scoop marine collagen (optional)

Sprinkle on top: Chia seeds, hemp seeds, coconut flakes, almond flakes, freeze-dried raspberries

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Instructions:

Add all the ingredients to the blender using the lower amount of coconut water and leaving any powders to the end. Start blending. Stop and scrape the sides if needed and blend again until smooth. Add more of the water to achieve the consistency desired.

Pour into a glass or bowl and sprinkle with toppings if desired.

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Notes:

Best consumed as soon as it's made. If not, store in an airtight jar in the fridge for a couple of hours, filling it all the way to the top to minimize any air entering and oxidizing the ingredients.