

Refreshing Green Smoothie: A Nutrient-Packed Energy Boost

There are several reasons why this green smoothie stands out:



TIME
5 min

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INGREDIENTS

- 1 cup fresh spinach
- 1 ripe banana
- 1/2 cup pineapple chunks (fresh or frozen)
- 1/2 cup almond milk (or any milk of your choice)
- 1 tablespoon chia seeds
- 1 tablespoon honey (optional)
- Ice cubes (optional)

DIRECTIONS

1. Start by adding the spinach to your blender. This will be the base of your smoothie.
2. Next, peel the banana and break it into chunks before adding it to the blender.
3. Throw in the pineapple chunks for a tropical twist.
4. Pour in the almond milk to help everything blend smoothly.
5. Add the chia seeds for an extra boost of nutrition.
6. If you like your smoothie sweeter, drizzle in some honey.
7. Blend on high until smooth and creamy. If you prefer a colder drink, add a few ice cubes and blend again.
8. Pour into glasses and enjoy immediately!

More recipes: [ChefManiac.com](https://chefmaniac.com)

Original recipe: <https://chefmaniac.com/refreshing-green-smoothie-a-nutrient-packed-energy-boost/>