



# Green + Glowing Copycat Smoothie

## INGREDIENTS

1 1/2 cups coconut water or unsweetened almond milk  
1 frozen banana  
1-2 cups fresh spinach  
1 tablespoon ground flax  
1 cup frozen mango  
1/2 cup frozen pineapple  
1-3 teaspoons MCT coconut oil (optional - just what I add into mine for some healthy fats)  
1-2 tablespoons shredded coconut (optional - for more coconut flavor)

## DIRECTIONS

Toss it all in a high-speed blender (we use a Vitamix) and blend until it is smooooooth. Then pour it in a large glass and enjoy!

## NOTES

Serves 2.

Sub in what you need or what you've got to suit your preferences.

If you use coconut water, the smoothie will be a bit lighter, whereas using almond milk will result in a thicker, creamier smoothie. I like them both, but I actually prefer it with coconut water!



