GLOBAL · BREAKFAST · DRINK · SNACK

Tropical Green Smoothie

5 min · Serves 2 · 204 kcal a serve · Video 4:07 · Simple Green Smoothies

Vegan · Paleo · Gluten-free ingredients · No nuts listed

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No added sugar: all the sweetness comes from fruit. Each glass has about 6 g fibre, about a day's vitamin C from the pineapple and mango, and folate from the spinach.

Diet notes: Low saturated fat (0.2 g, 1% of the energy); DASH-friendly (30 mg sodium a serve).

Ingredients 5 · SERVES 2

- [ ] 2 cups **fresh spinach** (2 good handfuls)
- [ ] 2 cups **water**
- [ ] 1 cup **frozen diced pineapple**
- [ ] 1 cup **frozen diced mango**
- [ ] 2 **bananas**

Allergens found in the listed ingredients: none. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method TIMES = THE MOMENT IN THE VIDEO

1. Put the spinach and water in the blender. If your blender is not high-powered, blend these two first until smooth. 1:12
2. Add the frozen pineapple, frozen mango and bananas. 2:02
3. Blend until completely smooth and creamy, about 1 minute. 2:40
4. Pour into two glasses and drink straight away. 3:04

> **Tip** Not a banana fan? Use one banana, or swap in half an avocado to keep it creamy. Add Greek yoghurt or a scoop of protein powder to make it more filling.

The method is a summary in our words — the video shows every step.

One serve gives you 1 OF 2 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
204 kcal	3.3 g	52 g	6.3 g	0.9 g	30 mg
860 kJ	7% of a day	45 g net · 34 g sugars	22% of a day	0.2 g saturated	1% of a day
		19% of a day		1% of a day	

Energy from net carbs 89% · protein 7% · fat 4%

High in (20%+ of a day) Vitamin K 125% · Vitamin C 98% · Vitamin B6 41% · Folate 33% · Vitamin A 21%

Source of (10–19%) Potassium 18% · Magnesium 18% · Vitamin E 10%

Recipe and video: Simple Green Smoothies (@SimpleGreenSmoothies) on YouTube — youtube.com/watch?v=1Eot1F89xn4, published 12 July 2018. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/sgs-beginners-green-smoothie