

Green Smoothie



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A bright and refreshing boost to your day.

INGREDIENTS

- 2 cups of fresh spinach
 - 1 cup of Mint Chip Galactica Coconut Bliss Ice Cream
 - ¼ cup of water
 - 6 frozen strawberries
 - 1 frozen banana
 - 1 Tbsp chia seeds
 - 1 Tbsp hemp seeds
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(Use organic ingredients whenever possible.)

DIRECTIONS

1. Add all ingredients to a blender.
 2. Blend on high until smooth.
 3. Pour into two glasses.
 4. Top with your favorite superfood and enjoy!
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CoconutBliss™