

# Spinach Pineapple Smoothie



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EATING WELL MADE SIMPLE

1

SERVING

5 min

ACTIVE TIME

5 min

TOTAL TIME

278

CALORIES

## INGREDIENTS

**1 cup** spinach

**1 cup** frozen pineapple chunks

**3/4 cup** soy milk (unsweetened)

**1/2 cup** ice (preferably crushed)

## INSTRUCTIONS

1. Combine all ingredients in a blender and puree until smooth, about 1 minute. Serve chilled and enjoy!