



Simple | Healthy | Delicious

Coconut - Banana Smoothie

INGREDIENTS

2 cups fresh spinach (lightly packed)

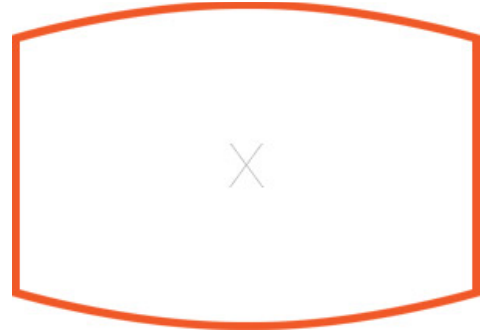
1 cup water

1 tsp. Ancient Grain Flour with Probiotics

1 banana

1 cup pineapple chunks

1/2 cup coconut milk



DIRECTIONS:

1. Add the water and spinach to the blender and blend until pureed, stopping and pushing down the spinach if necessary. Add remaining ingredients and blend until smooth. Pour into a glass and serve.