

Bloat-Fighting Tropical Smoothie

8 ingredients · 5 minutes · 2 servings



Directions

1. Add all ingredients to blender and blend until smooth. Pour into a glass and enjoy!

Notes

Likes it Sweet

Add raw honey.

More Protein

Add hemp seeds or a scoop of vanilla protein powder.

Ingredients

1 cup	Papaya (chopped)
1 cup	Pineapple (chopped)
1	Cucumber (chopped)
5	Ice Cubes
1/2 cup	Mint Leaves
1 cup	Baby Spinach
2 tbsps	Chia Seeds
1 cup	Water