

# Tropical Ginger Smoothie

7 ingredients · 10 minutes · 1 serving



## Directions

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1. Throw all ingredients EXCEPT blueberries into the blender. Blend for a minute or until smooth.
2. Pour 3/4 of the mix into a glass (or a mason jar if you are on-the-go), leaving some space at the top.
3. Add blueberries to leftover mix and blend again for about 30 seconds. Spoon the blueberry mix on top of the green mix. Enjoy!

## Ingredients

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<b>3/4 cup</b>	Pineapple (diced)
<b>1 tbsp</b>	Ground Flax Seed (or 2 tbsp of chia/flax mixture)
<b>1 1/2 tsps</b>	Ginger (peeled and grated)
<b>2 cups</b>	Baby Spinach
<b>1/2 cup</b>	Water
<b>4</b>	Ice Cubes
<b>1/4 cup</b>	Blueberries (can be frozen or fresh)