

Piña Colada Green Drink

Blend Time:

90 seconds

Assembly Time:

2 minutes

Ingredients:

- 🌱 1 Carton Coconut or Almond Milk
- 🌱 1 Bag of Organic Mixed Greens
- 🌱 A Handful or 2 of Fresh or Frozen Pineapple
- 🌱 1/4 Cup Flax Seeds
- 🌱 1 TBS Spirulina
- 🌱 4 Blender Bottles

Instructions:

1. Add Carton of Milk to Vitamix
2. Add Rest of Ingredients
3. Gradually turn up to high until all is mixed, approx. 90 seconds
4. Pour into Blender bottles

