



COLORADO STATE UNIVERSITY  
EXTENSION



# STRAWBERRY SPINACH SMOOTHIE

## INGREDIENTS

- 3 C packed spinach
- 1 medium banana, very ripe
- 1 C whole strawberries, frozen
- 1/4 C frozen pineapple chunks
- 1 C almond milk, unsweetened (or milk of your choice)
- 1 T Chia Seeds

## PROCEDURE

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Place all ingredients in a blender in the order listed in the ingredients. Blend until smooth. For a thinner consistency, add another splash of milk. If you prefer a thicker smoothie, add a few ice cubes.

## SPINACH TIP

- Freeze your spinach after you buy it so it keeps longer, and is cold for your smoothie!



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