

Lucky Green Leprechaun Smoothie Recipe

Ingredients

2 very ripe bananas
2 cups unsweetened plant milk or water
1 cup spinach
1/2 cup frozen pineapple
1/2 cup frozen mango
1 peeled kiwi
1 tablespoon hemp hearts
1 tablespoon chia seeds
whipped non-dairy cream topping
dye-free sprinkles



Directions

- In a blender, combine bananas, plant milk or water, and spinach. Blend until everything is well combined.
- Next, add frozen pineapple, frozen mango, kiwi, hemp hearts and chia seeds. Blend again until everything is smooth. Add more water if needed to reach desired consistency.
- Top with your favorite whipped non-dairy cream topping and green dye-free sprinkles and enjoy!

Leftovers? Freeze into popsicle molds to enjoy later!