

Coconut Green Smoothie

Yield: 1 min
Total Time: 10 min

Recipe from: <https://www.recipeschoose.com/recipes/indian-sweetmeats-coconut-ice-recipe>

Ingredients:

- 1/2 cup coconut milk
- 1/2 cup plain greek yogurt we use Chobani
- 1 cup spinach
- 1 banana large, peeled
- 1 green apple large, cored, peeled and chopped
- 2 tablespoons coconut shaved
- 1 cup ice

Nutrition:

1. Calories: 520 calories
2. Carbohydrate: 63 grams
3. Fat: 32 grams
4. Fiber: 11 grams
5. Protein: 5 grams
6. SaturatedFat: 28 grams
7. Sodium: 55 milligrams
8. Sugar: 37 grams

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