

Super Green Cleansing Smoothie

Yield: 4 min
Total Time: 5 min

Recipe from: <https://www.recipeschoose.com/recipes/veg-india-green-curry-recipe>

Ingredients:

- 3 cups greens Organic Girl Super
- 2 bananas
- 3 tablespoons chia seeds
- 1 cup pineapples chopped
- 1/2 cup almond milk
- 1/2 cup water
- ice as desired

Nutrition:

1. Calories: 130 calories
2. Carbohydrate: 23 grams
3. Fat: 4 grams
4. Fiber: 4 grams
5. Protein: 4 grams
6. Sodium: 75 milligrams
7. Sugar: 12 grams

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