

Tropical Green Energy Smoothie

Yield: 2 min
Total Time: 5 min

Recipe from: <https://www.recipeschoose.com/recipes/steam-papaya-milk-clusterd-recipe-chinese>

Ingredients:

- 4 cups greens I love spinach or kale
- 1 1/2 cups milk or almond/hemp/etc milk
- 1 banana
- 1 cup papaya
- 1 cup pineapple
- 1/2 cup whole milk yogurt We love Nancy's yogurt!
- 1 teaspoon nutritional yeast
- 2 teaspoons chia seeds
- ice optional

Nutrition:

1. Calories: 330 calories
2. Carbohydrate: 51 grams
3. Cholesterol: 25 milligrams
4. Fat: 8 grams
5. Fiber: 7 grams
6. Protein: 16 grams
7. SaturatedFat: 3.5 grams
8. Sodium: 320 milligrams
9. Sugar: 35 grams

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