



## Tropical Ginger Smoothie

1 serving

10 minutes

### Ingredients

- 3/4 cup Pineapple (diced)
- 1 tbsp Ground Flax Seed
- 1 1/2 tsps Ginger (peeled and grated)
- 2 cups Baby Spinach
- 1/2 cup Water
- 4 Ice Cubes
- 1/4 cup Blueberries

### Directions

- 1 Place all ingredients EXCEPT blueberries into the blender. Blend for a minute or until smooth.
- 2 Pour 3/4 of the mix into a glass (or a mason jar if you are on-the-go), leaving some space at the top.
- 3 Add blueberries to leftover mix and blend again for about 30 seconds. Spoon the blueberry mix on top of the green mix. Enjoy!