

# Mean Green Smoothie

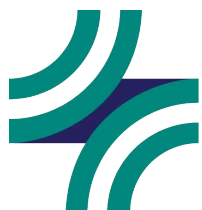
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## Ingredients:

- 1 cup coconut milk (any plant based milk will work; almond, oat, cashew or any combination of milks)
- ½ cup frozen mango chunks
- ½ cup frozen banana
- ½ or 1 handful fresh spinach
- 1 tbs. coconut oil
- 1 scoop vanilla protein powder
- ¼ - ½ tsp. turmeric powder

## Steps

- Place ingredients into blender starting with liquid base first (makes blending easier)
- Blend to desired consistency



Boulder Community Health