

YIELD: 4

Pineapple Spinach Green Smoothie

An amazing 4-ingredient Pineapple Spinach Green Smoothie recipe using only pineapple, spinach, an apple, and orange juice. Vegan & Healthy!

PREP TIME	TOTAL TIME
10 minutes	10 minutes



Ingredients

- ½ pineapple
- 1 apple
- 1 orange, juice
- 1 cup young spinach leaves
- 1 passion fruit (optional)
- Water as needed

DECORATION:

- 1 ts chia seeds
- 1ts buckwheat cereals

Instructions

1. Peel pineapple and cut into chunks. Slice and apple into quarters and remove the core. Cut orange in half and squeeze out the juice.
2. Place pineapple chunks, apple slices and orange juice in a blender. Add spinach leaves. Optionally, add the juice of a passion fruit. Add a splash of water and blend until smooth. If your smoothie is too thick, add more water as needed and pulse to combine.
3. Pour smoothie into tall glasses and decorate with chia seeds and buckwheat cereals to taste. You can also skip this part and enjoy the smoothie as is.

Nutrition Information: YIELD: 4 SERVING SIZE: 1

Amount Per Serving: CALORIES: 209 TOTAL FAT: 2g SATURATED FAT: 0g TRANS FAT: 0g
UNSATURATED FAT: 2g CHOLESTEROL: 0mg SODIUM: 89mg CARBOHYDRATES: 46g FIBER: 12g
SUGAR: 19g PROTEIN: 6g

Nutrition data is automatically calculated using Nutritionix and may not be accurate.



Did you make this recipe?

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CUISINE: Western / **CATEGORY:** Breakfast

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