

Green Tropical Smoothie

A smoothie that focuses on reducing oxidative stress

Ingredients:

2 cups spinach

1 Banana

1 cup mango

1 cup pineapple chunks

1 cup water or milk choice

1 scoop whey protein powder

Method:

In a blender, put in the spinach first, then all the other ingredients on top. Blend well and it is ready to drink!

