



Green Tropical Sunrise

Serving: 1

Veg

Ingredients

- 1/4 cup pineapple
- 1 orange peeled
- 1 small carrot
- 1 cup spinach
- 1 tablespoon flax seeds
- 1 cup water

Preparation Method

- Step 1 – add all ingredients to blender
- Step 2 – blend until smooth
- Step 3 – enjoy
- Add the ingredients one at a time to ensure a smooth blending process.
- Start with the greens, like spinach or kale, then add the fruits and other ingredients later.