

# THE P•K•P WAY

## Green Machine Smoothie

Yields 2 servings (about 4 ½ cups)



### Ingredients

- 1 ripe banana, sliced
- 1 cup frozen strawberries
- ¼ cup frozen pineapple
- ½ cup frozen papaya
- ½ cup frozen mango
- 1 cup fresh spinach leaves
- 2 cups coconut milk

### Directions

#### Mason Jar Method

1. Divide the ingredients evenly between two mason jars.
2. Attach the blades and pulse for a few seconds, just until it's well-blended. If needed, shake the jar a little bit and continue pulsing until completely blended.

#### Blender Method

1. Add all the ingredients to the blender's pitcher and cover.