



TROPICAL GREEN SMOOTHIE



INGREDIENTS

ITEM

- Lactose-free Plain Greek Yogurt
- Lactose-free Milk
- Baby Spinach
- Frozen Pineapple
- Peeled Kiwi
- Freshly Grated Ginger
- Ice

QUANTITY

$\frac{3}{4}$ Cup
 $\frac{1}{2}$ Cup
 $\frac{1}{2}$ Cup
 $\frac{1}{4}$ Cup
1
1 Tsp.
1 Cup

SERVING SIZE

1



PREPARATION

- Add the Greek yogurt, lactose-free milk, spinach, pineapple, kiwi, ginger, and ice to a blender.
- Blend until completely smooth and creamy.
- Adjust the consistency with additional lactose-free milk if desired.