

Pina Broccoli Smoothie

Yummy recipes for vibrant health by Bel Smith



So you are well and truly in love with my recipe for [Intro to Green Smoothie](#), and you've been adventurous at adding in more greens such as kale, celery, collards, broccoli, parsley and more. Congratulations! Now it's time to try something totally different - it's a little bit creamy and tropical but green. I introduce you to my Pina Broccoli Smoothie (it kind of reminds me of the tropical taste of a Pina Colada).

Ingredients

- 1 cup coconut milk (watch for additives and preservatives)
- 1 banana (frozen works best)
- 2 cups pineapple
- 1 cup broccoli*
- 1 tblspn chia seeds
- 1/2 a lime squeezed
- 2 tblspn of sweetner such as Raw Honey
- 4-5 cubes of ice

* if you're nervous about this amount of broccoli to start with, reduce it by half and slowly add in until you have 1 cup worth.



Pina Broccoli Smoothie

How to

Put all ingredients in a strong and capable blender or processor and blend until smooth and creamy.

Ideas

- Pop one of those paper umbrellas in this baby and you'll feel like you're lying in a hammock on a tropical island - ok, I may well be letting my imagination run wild, but it sure is a great place to be:-) Enjoy!

This yummy healthy recipe is brought to you by Bel Smith, Health & Wellness Coach. For more recipes, lunch box inspiration and a FREE eBook, subscribe via email at therootcause.com.au.

