



MANGO, PINEAPPLE, & GREENS SMOOTHIE BOWL

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Prep time: 5 mins | Cook time: 5 mins | Yield: 1 smoothie bowl

DESCRIPTION

Featuring citrusy mango and sweet pineapple, this smoothie bowl is the perfect refreshing treat to make! This recipe is nutrient-rich, naturally sweet, and dairy-free.

INGREDIENTS

- 1 cup frozen mango
 - 1/2 cup frozen pineapple
 - 1/2 cup almond milk
 - Handful of spinach
 - 1 tablespoon flaxseed meal
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INSTRUCTIONS

1. Add all ingredients to a blender
2. Blend until consistency is smooth and creamy
3. Pour mixture into a bowl
4. Top smoothie bowl with desired toppings



DID YOU MAKE THIS RECIPE?

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