

Tropical Smoothie Bowl

Ingredients:

3 mangoes, peeled and pit removed

4 bananas, peeled, cut into thick chunks & frozen

1 -14 ounce can pineapple, drained

1/2 bag of baby spinach (about 4 packed cups)

1 1/2 cups plain Greek yogurt

1 cup water or more, as needed

Optional Toppings: Granola, chopped fruit, berries, seeds, coconut flakes, cinnamon, dried fruit, etc.



Instructions:

1. Carefully peel and cut banana, mango and pineapple.
2. Place all ingredients in a container with high sides (if using an immersion blender) or into a blender.
3. Blend until smooth, adding more water until desired consistency is reached (For a smoothie bowl, it should be thicker than a drinkable smoothie).
4. To build the smoothie bowl: Place desired amount of smoothie into a small bowl. Top granola and any other desired toppings. Enjoy!