



# SUPERFRUIT TROPICAL SMOOTHIE



SERVES:

2

PREP TIME:

5M

COOK TIME:

0M

DAIRY FREE GLUTEN FREE PALEO VEGAN VEGETARIAN

## INGREDIENTS:

¼ Cup Crofter's Organic Just Fruit Superfruit Fruit Spread

1 ½ Cup Baby Spinach

1 Cup Almond Milk

½ Cup Frozen Blueberries

½ Cup Pitted Cherries

½ Cup Pineapple

¼ Avocado

1 Banana

Fresh Mint Sprigs (Garnish)

## DIRECTIONS:

1. In a blender, combine the baby spinach and almond milk. Blend/pulse until smooth. You want to make sure no remaining chunks of spinach are left. Next add in the Crofter's Organic Just Fruit Superfruit Fruit Spread, blueberries, cherries, pineapple, avocado, and banana. Blend/pulse the ingredients until smooth.
2. Once smooth, pour into prepared glass and top with a small scoop of blueberries, a skewer of pineapple, and a fresh sprig of mint. Enjoy!