

Greenacolada



This pina colada inspired recipe provides a kick of nutrition with spinach and avocado.

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Nutrition Info

Makes: fluid ounces

= cups

= milliliters (mL)

Calories: 790 kcal

Kcals/ mL: kcal/ mL

Carbohydrate: 73.9%

Protein: 2.8%

Fat: 23.3%

Make it for the whole family:

Enjoy this delicious and nutritious blend with your tubie as a smoothie.

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Ingredients

- 2 ½ cups unsweetened coconut milk
- ⅓ cup pitted dates
- 1 (20 ounce) can canned, crushed pineapple with juice
- 1 cup fresh spinach (or other leafy greens)
- ¼ cup mashed avocado
- 1 tablespoon fresh lime juice

Preparation

1. Add all ingredients to blender in order listed, blend until smooth. Strain if necessary.
2. Thin as desired with water or other fluid such as milk or milk alternative.

Kitchen Gear

Can opener

Chef knife

Cutting board

Measuring tools:

- 1 cup
- ½ cups
- ⅓ cup
- ¼ cup
- Tablespoon

Tips

Coconut milk can be found near the other non-dairy milk in the refrigerated section. It also comes in an aseptic carton usually near the health food section. Make sure to use coconut milk in the carton and not the can. Coconut milk from a can will be much higher in fat.



For more recipes and information visit www.CookingForTubies.com
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