

Pineapple Ginger Green Smoothie

Ingredients:

- 1 banana, peeled and sliced
- 1-inch piece fresh ginger, peeled
- 2 handfuls fresh baby spinach
- 1 cup frozen pineapple chunks
- 1/2 cup coconut water
- 1/2 cup Greek yogurt
- 1 tablespoon chia seeds



Directions:

1. Add all ingredients to a blender and pulse until smooth.

This green smoothie is a refreshing way to support post-workout recovery. Banana and coconut water provide natural electrolytes and energy, while Greek yogurt adds protein to help repair muscles. Pineapple and ginger work together to reduce inflammation and muscle soreness. Spinach and chia seeds deliver essential nutrients like iron, magnesium, and Omega-3s to keep you feeling strong and energized.

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