

BREAKFAST

Pineapple Green Smoothie

INGREDIENTS

- 1 cup/handful of spinach - or any other dark, leafy green like kale, Swiss chard, etc
- 1 cup coconut water
- $\frac{3}{4}$ cup frozen pineapple
- $\frac{1}{2}$ apple
- 3 tbsp hemp seeds

METHOD

- Add the spinach and coconut water to a blender and blend until smooth.
- Add the fruit and blend well again.
- Finally, add in the hemp seeds and blend until no chunks remain.



EATING YOUR
WAY THROUGH
THE
MENOPAUSE