



PINEAPPLE AND AVOCADO SMOOTHIE

I love starting my day with a smoothie. It's a little more filling than a juice. This smoothie is creamy from the avocado, a bit sweet from the pineapple and very refreshing with the basil! Don't be afraid to add the basil as it's not that strong and really works well with the rest of these ingredients.

- 1 ¼ cup pineapple
 - 10 basil leaves
 - 6 mint leaves
 - The juice of one lime
 - ½ avocado
 - 1 cup spinach (optional)
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- 5 minutes, makes about 1 1/4 cup

Add the first 4 ingredients and, if using, the spinach, to a blender. Add the avocado last. You might need to add a splash or two of water to get your blender going. Try adding more or less avocado depending how thick you like your smoothies.

Enjoy as it is or garnish with chia seeds, coco nibs and/or blend with any other supplements or powders. This will keep in the frig for 3 days.