



Tropical Kiwi Smoothie

INGREDIENTS:

1/2 cup almond milk
1 frozen banana, divided
1-1/2 cups frozen pineapple chunks
1 seedless orange, peeled
2 kiwis, peeled
1 cup baby spinach or baby kale
1-1/2 cups ice
1/2 Tbsp chia seeds
Optional: [Life Shake](#) (protein powder).

*add additional liquid if needed to blend

DIRECTIONS:

1. Place almond milk, HALF of the banana, 1 cup of the pineapple, 1/4 of the orange, and a few ice cubes into the blender and blend until smooth.
2. Pour into a glass and put in the freezer while you make the second layer.
3. Place 1/2 of the orange, remaining 1/2 cup pineapple, 1 peeled kiwi, spinach or kale, and another small handful of ice in the blender and blend until smooth. Stir in chia seeds. Pour the green layer on top of the yellow layer.
4. Chop the remaining kiwi and add top the smoothie for garnish.