Healthy Shamrock Smoothie recipe by Chef Jen

Ingredients:
- 1 cup packed, fresh spinach
- 1 cup fresh cut pineapple
- ½ cup unsweetened applesauce
- ⅓ cup blueberries
- 1 frozen medium banana
- 2 Tbsp unflavored protein powder
- ½ cup unsweetened vanilla almond milk, or skim milk
- 1 tbsp oats
- 1 tbsp chia or hemp seeds
- 1/8 tsp vanilla extract (optional)

Preparation:
1. Layer ingredients in blender as listed and blend well. Can adjust the consistency by adding less or more milk of choice.

Hint: Instead of adding ice cubes, which can water down the flavor, you can freeze your fruit for ~ 8 hours prior to blending. This lends to a thicker consistency of your smoothies. This step makes a great meal prep idea for your morning smoothie so you don't have to think too hard until you're ready too.

Bon Appetit!