



TROPICAL SMOOTHIE

Gluten free, dairy free, vegan

Makes 24 cookies

1 TBSP coconut cream
1/2 avocado
1/2 TSP chia seeds
1 TSP hemp hearts
1/2 banana
1 cup spinach
1 cup frozen pineapple
1 - 2 cups coconut water

Directions:

1. Add all ingredients to a high speed blender and blend until combined.
2. Serve right away