

Lime Coconut Smoothie Bowl

Madeline Butler - Denver, CO
Taste of Home - June/July 2020

Servings: 2

1 medium banana, peeled and frozen

1 cup fresh baby spinach

1/2 cup ice cubes

1/2 cup fresh pineapple, cubed

1/2 cup chopped peeled mango or frozen mango chunks

1/2 cup plain Greek yogurt

1/4 cup sweetened

shredded coconut

3 tablespoons honey

2 teaspoons grated lime zest

1 teaspoon lime juice

1/2 teaspoon vanilla extract

1 tablespoon spreadable cream cheese (optional)

OPTIONAL TOPPINGS

lime wedges

sliced banana

sliced almonds

granola

dark chocolate chips

shredded coconut

Place the banana, spinach, ice cubes, pineapple, mango, yogurt, coconut, honey, lime zest, lime juice and vanilla extract in a blender. If desired, add the cream cheese.

Cover and process until smooth.

Pour the mixture into two chilled bowls.

Serve immediately, with optional toppings as desired.

Per Serving (excluding unknown items): 174 Calories; trace Fat (2.1% calories from fat); 1g Protein; 45g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 4mg Sodium. Exchanges: 1 Fruit; 1 1/2 Other Carbohydrates.