



Bloat-Fighting Tropical Smoothie

2 servings

5 minutes

Ingredients

- 1 cup Papaya (chopped)
- 1 cup Pineapple (chopped)
- 1 Cucumber (chopped)
- 5 Ice Cubes
- 1/2 cup Mint Leaves
- 1 cup Baby Spinach
- 2 tbsps Chia Seeds
- 1 cup Water

Directions

1

Add all ingredients to blender and blend until smooth. Pour into a glass and enjoy!