**Quart Size Freezer Smoothie**

**SP Complete - # scoops for 2 smoothies - see container**

**1+ Cup Fruit of Choice**

**1/3 - 1/2 banana (for sweetness & creaminess : optional)**

**2.5 ounces baby spinach or dark greens**

**1 cup coconut milk or coconut water**

**1 cup purified water**

**Drink 1/2 for breakfast and 1/2 for snack**

**I use a shaker bottle with a ball whisk inside, for storage.**