

## **SQUIRT'S KELP FOREST SMOOTHIE**

Servings: 2

## **INGREDIENTS:**

- 11/2 cups coconut water
- · I cup fresh baby spinach
- I ripe frozen banana
- I pear, cored and sliced (or I cup frozen pear slices)
- I teaspoon cinnamon
- 4-6 ice cubes
- 2 fresh strawberries for garnish

## **DIRECTIONS:**

- Combine the coconut water, baby spinach, frozen banana, pear and cinnamon in a blender and process until smooth.
- Add ice cubes, as needed, blend until desired consistency is reached.
- Pour into two glasses and garnish with a fresh strawberry to resemble Squirt's red spots. Kids can help with this. Enjoy immediately!



