

Thanksgiving Smoothie

*from simplegreensmoothies.com

This is the next best thing to a pumpkin spiced latte... and WAY healthier.
Serve with a dash of nutmeg on top! Serves 2



Ingredients

- 2 cups spinach
- 2 cups almond milk
- $\frac{1}{4}$ cup water
- 1 cup sweet potato*
- 2 cups mango
- 1 tsp nutmeg
- 1 tsp cinnamon

Directions

1. Blend spinach, almond milk, and water until smooth.
2. Add the remaining ingredients and blend again.

*Bake sweet potato at 400 degrees for 45 minutes. Then chill in fridge until ready to use. Use at least one frozen fruit to make the green smoothie cold.