

Spinach Pineapple Shake

This is a delicious, easy to make shake. Give it a try!

Ingredients:

- 2 Heaping Scoops SP Complete
- 1 Cup Filtered Water
- 2 Cups Packed Spinach
- ½ Cup Pineapple
- 1 Peeled Banana
- Dash of Cayenne (optional)

Instructions:

1. Blend all ingredients until smooth. Savor!

Modification:

- I use a Baby Spinach & Kale Blend instead of just Spinach.