
Tropical Honeydew Melon Smoothie

Makes 1 serving

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INGREDIENTS

1/2 cup chopped frozen mango
1/2 cup chopped frozen pineapple
1 cup chopped fresh honeydew melon
Small handful of fresh spinach
1 teaspoon chile, lime, sea salt seasoning (Tajin or Trader Joe's brand)
1 scoop unflavored protein powder (optional)
1/2 to 1 cup unsweetened vanilla almond milk (depending on desired thickness)

PREPARATION

Add the mango, pineapple, and honeydew melon to a blender. Toss in the spinach, seasoning, and protein powder, if using. Pour in a 1/2 cup of the milk.

Puree until smooth, adding more milk as necessary to reach your desired thickness.

Pour into a glass and serve. (Sprinkle with more seasoning, if desired.)
