

Clear Skin Smoothie

(Spinach, Coconut Water, Avocado, Pineapple)

Ingredients

- 2 cups fresh spinach leaves (washed)
- 1 cup coconut water (unsweetened)
- ½ ripe avocado
- 1 cup fresh pineapple chunks (or frozen)
- Optional: 1 tsp chia seeds

Instructions

1. Wash the spinach thoroughly and remove any hard stems.
2. Cut the avocado in half, scoop out the flesh, and add it to a blender.
3. Add the spinach, coconut water, pineapple chunks, and optional chia seeds.
4. Blend until smooth and creamy.
5. Pour into a glass and drink immediately while fresh.

Benefits

- Spinach provides vitamin A and iron, helping cell repair and healthy skin tone.

- Coconut water hydrates and balances electrolytes, preventing skin dryness.
- Avocado delivers vitamin E and healthy fats, protecting skin from damage.
- Pineapple contains bromelain, which reduces inflammation and promotes clearer skin.