**Mango Monkey**

1/2 cup coconut milk

2 cups spinach

1 banana

1 cup frozen mango

**Alligator Surprise**

1/2 cup water

1/2 a medium avocado scooped out (we make this to use up leftover avocado)

2 cups spinach

2 cups frozen pineapple

### The Blue One

(which really comes out more purple than blue)

1/2 cup water

1 cup yogurt

1 cup spinach

2 cups frozen berries

**Strawberry-Peach Smoothie**  
1 cup whole strawberries  
2 peaches  
2 cups fresh baby spinach (or other leafy green)  
1/2 – 1 cup water