**Mango Monkey**

½ c. coconut milk

2 c. spinach

1 banana

1 cup frozen tropical mix

Put all ingredients in a blend tech and blend until smooth and vortex forms in the middle.

**Alligator Surprise**

½ c. water

½ avocado

2 c. spinach

2 c frozen pineapple

Put all ingredients in a blend tech and blend until smooth and vortex forms in the middle.

**What the blue?**

½ c. milk

1 c. yogurt

1 c. spinach

2 cups frozen berries

Put all ingredients in a blend tech and blend until smooth and vortex forms in the middle.

**Strawberry –Peach**

1 c. strawberries

1 ½ c. peaches

2 c. spinach

¾ c. milk

Put all ingredients in a blend tech and blend until smooth and vortex forms in the middle.