

Mango Pineapple Green Tea Smoothie

Recipe and photo from thediaryofarealhousewife.com

Ingredients

- 1 cup frozen mango chunks
 - 1 cup frozen pineapple chunks
 - 2 cups fresh spinach
- 2 large ripe bananas
- - 2 cups green Tea (brewed and cooled)
 - Ice
 - Protein powder (optional)



Instructions and Prayers

As you prepare your workspace, prepare your heart and mind as well.

Inhale—May the words of my mouth and the meditation of my heart

Exhale—Be acceptable in your sight, oh God

Psalm 19: 14

Take a moment to pray for the farmers, tea pickers, and grocers who made it possible for you to gather these ingredients. Pray for the areas and the people where your ingredients may have been grown.

1. Brew your iced tea. Double the strength as it will become diluted when poured over ice.

As you wait for your tea to brew. Remember: transformation occurs, even in our rest.

Glory to God whose power, working in us, can do infinitely more than we can ask or imagine: Glory to him from generation to generation in the Church, and in Christ Jesus for ever and ever. Amen.

Ephesians 3: 20, 21

2. Add your pineapple, mango, bananas, and spinach to a blender and blend on high until everything is pureed.

Thank God for your health. Give thanks for your ability to make wise decisions to keep you strong and healthy. Ask for guidance to continue to put your health first.

a prayer for guidance:

*Heavenly Father, in you we live and move and have our being:
We humbly pray you so to guide and govern us by your Holy Spirit. that in all the cares
and occupations of our life we may not forget you, but may remember that we are ever
walking in your sight; through Jesus Christ our Lord. Amen.*

3. Add your Ice and blend until smooth.

Pray and thank God that you are never given more than you can handle at once.

4. If you are adding protein powder, add it here. *Note this will change the flavor depending on what kind of protein you use.

Pray and thank God for giving you strength when you need it.

*I look up to the mountains;
does my strength come from mountains?
No, my strength comes from God,
who made heaven, and earth, and mountains.*

Psalm 121:1-2