

Disney · PIXAR  
**FINDING  
DORY**

## SQUIRT'S KELP FOREST SMOOTHIE

Servings: 2

### INGREDIENTS:

- 1 1/2 cups coconut water
- 1 cup fresh baby spinach
- 1 ripe frozen banana
- 1 pear, cored and sliced (or 1 cup frozen pear slices)
- 1 teaspoon cinnamon
- 4-6 ice cubes
- 2 fresh strawberries for garnish

### DIRECTIONS:

- Combine the coconut water, baby spinach, frozen banana, pear and cinnamon in a blender and process until smooth.
- Add ice cubes, as needed, blend until desired consistency is reached.
- Pour into two glasses and garnish with a fresh strawberry to resemble Squirt's red spots. Kids can help with this. Enjoy immediately!



The Mickey Check is a quick and easy way for families to identify healthier food options. The Mickey Check can be found in stores, online, on-air, at Disney theme parks, and other places where Disney products are sold. Foods and recipes that feature the Mickey Check meet Disney Nutrition Guidelines, which are continually updated to remain best in class to contribute to a nutritious diet.

