

*Cooking in the Gesundheit Kitchen with Chef Hans Rueffert*

**Episode 18: Pineapple Smoothie Express  
(Green Smoothie)**

**From Chef Hans:** Smoothies are a great way of getting in key nutrients, especially when you're not feeling up to a proper sit-down meal. After my gastrectomy, lactose became a serious issue for me, and that's true for many PG and TG patients. Substituting traditional milk with one of the readily available plant-based alternatives can make smoothies much easier to tolerate. Don't let spirulina's shocking blue-green hue scare you! The blue-green algae is a long-studied, nutritionally dense "superfood" that's high in protein, calcium, iron, magnesium, and potassium. It also contains thiamin, riboflavin, niacin, folate, and vitamins B-6, A, and K.

*Serves 1-2*

**INGREDIENTS:**

- 1 ½ cups fresh (or frozen) pineapple
- 1 cup fresh (or frozen) avocado
- 1 cup silken/soft tofu or Greek yogurt
- 1 Tbsp spirulina
- 1 cup almond or oat milk (use more or less to reach your desired consistency)

**DIRECTIONS:**

If using a fresh pineapple, remove the stem from the pineapple by twisting it. Then, cut the top and bottom of the pineapple to reveal the flesh. Next, quarter and remove the core from the pineapple. Remove the skin and cut the pineapple into bite-sized chunks.

Combine the pineapple in a blender with avocado, tofu, and spirulina.

Blend well. Add almond milk a little at a time to reach desired consistency

Serve with some pineapple or mint garnish and enjoy!