

Tropical Smoothie with Sweet Potato Leaves

- 1 cup frozen pineapple chunks
- 1 cup frozen mango chunks
- 1/2 cup frozen rhubarb chunks
- 1 cup fresh strawberries, halved
- 1/2 cup nonfat plain Greek yogurt
- 1 medium carrot, peeled and chunked
- 2 cups coconut milk
- 4 sweet potato leaves

Combine all ingredients in blender and blend until smooth.

Makes 8 -10 servings

Recipe by Garden Chef Dené Lynn



ATLANTA BOTANICAL GARDEN