

Healthy Green Berry Smoothie

Serves 1

- 1/2 c. apple or orange juice, no sugar added
- 1 c. of spinach
- 1 banana, mashed
- 1 c. frozen mixed berries (strawberries, blueberries and blackberries)

Add juice and spinach to then blender and blend well. Add banana and frozen fruit and blend together.

**You can add water or coconut/almond milk to reach your desired consistency.*