



green smoothie

A fun, easy way to eat more green vegetables!

- 2 handfuls fresh baby spinach
- ½ cup milk
- 1 cup canned pineapple, in 100% juice
- 2 medium frozen bananas
(peel and cut into chunks before freezing)

1. Blend spinach and milk in a blender until smooth.
2. Add pineapple and frozen banana chunks. Blend again until smooth.



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