

Strawberry, Banana, Blueberry

*from simplegreensmoothies.com

This smoothie is full of iron, potassium, vitamin C and antioxidants, just to name a few. *Serves 2*



Ingredients

- 2 cups spinach
- 1 cup strawberries
- 1 orange, peeled
- 1 cup blueberries
- 2 bananas
- $\frac{3}{4}$ cup water

Directions

1. Blend spinach, orange, and water until smooth.
2. Add the remaining fruits and blend again.

Use at least one frozen fruit to make the green smoothie cold.