

## Cilantro Limeade

\*from [simplegreensmoothies.com](http://simplegreensmoothies.com)

Enjoy this cilantro-based green smoothie which is a great way to help cleanse your body of icky toxins. *Serves 2*

### Ingredients

- 1  $\frac{1}{2}$  cups spinach
- $\frac{1}{2}$  cup cilantro
- 3 bananas
- 1 lime
- 1 inch ginger
- 2 cups water



### Directions

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