

Ingredients

1 cup fresh baby spinach	2 apples, cored
1 cup kale	2 bananas
1 cup water	
1 1/2 cups ice	
2 Tbsp chia seeds	
2 ripe pears, cored	
1 cup green grapes	

Instructions

Place all ingredients in blender starting with leafy greens and water, and process on low speed for 15 seconds, increase to high speed and process until well blended.

Nutrition Information Per Serving

Serving Size: 1 cup

Serves 6

Calories: 130

Fat: 1.5 gm

Sodium: 15 mg

Fiber: 6 gm

Carbohydrates: 29 gm

Protein: 2 gm