

Ingredients

8 oz fresh spinach	1 banana
32 oz water or equal amounts of ice if desired	frozen
1/4 cup flaxseed	
3 Tbsp lemon juice	
3/4 cup mango, frozen, diced	

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.

**Adapted from
Brooke Goldner, MD**

**Makes 4 20 oz
servings**