



Green Smoothie

Serves: 6- 1 cup each

amount	unit	Ingredients:
1	cup	fresh baby spinach
1	cup	kale
1	cup	water
1.5	cups	ice
2	Tbsp	chia seeds
2	each	ripe pears, cored
1	cup	green grapes
2	each	apples, cored
2	each	bananas

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.

Nutritional Information:

Calories: 130; Carbohydrates: 29g; Fiber: 6g; Protein: 2g; Fat: 1.5g; Saturated Fat 0g; Cholesterol: 0mg; Sodium: 15mg