



GROOVY GREENS SMOOTHIE

Prep Time: 10 mins Serves: 6

Ingredients:

- 1 cup zucchini, diced
- 2 cups total of spinach and/or kale
- 1/2 lime, juiced
- 1 1/2 bananas
- 3 cups of frozen fruit (we love mango!)
- 1-2 cups of water (depending on how thick you like your smoothie)

Instructions:

1. Dice zucchini into 1/2 inch chunks.
2. Rip kale and/or spinach into pieces.
3. Juice 1/2 of a lime.
4. Add all of the ingredients to a blender, frozen ingredients last.
5. Blend on high for 30-40 seconds until smooth and enjoy!



Frozen fruit makes for the best smoothies!
If your fruit isn't frozen, use 1 cup of ice & add water as needed.