MyPlate Green Smoothies

3 c. packed greens (spinach, kale, etc…)

1 c. frozen fruit (your choice)

1 apple

1 banana

1 c. water/milk/juice

-any other fruit as desired (i.e. grapes, peaches, etc…)

1. Place all ingredients in blender, with frozen foods on top
2. Blend until smooth
3. Enjoy!

\*\*FOOD MUST BE GREEN!!! So if you have too many berries, it will not be! ☺

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