**Superman Smoothies**

***Ingredients:***

1 heaping cup of packed spinach leaves

1 ½ c. mango chunks

1 ½ c. apple juice

2 frozen bananas

½ c. pineapple, chopped

1 c. strawberries, chopped

1 c. ice cubes

***Directions:***

1. In the blender, layer liquid first, then fruits and vegetables, then ice on top.
2. Blend all together for about 1 minute.
3. Serve and enjoy!

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| **Ingredients** | **Fat-Soluble? Identify** | **Water-Soluble? Identify** |
| Spinach |  |  |
| Mango |  |  |
| Apple Juice |  |  |
| Bananas |  |  |
| Pineapple |  |  |
| Strawberries |  |  |