



## GREEN DREAM SMOOTHIE

### INGREDIENTS:

- 2 apples, peeled and chopped
- 2 bananas, sliced
- 4 to 6 cups spinach, tightly packed
- 1 Tablespoon ginger, minced or grated
- 6 oranges, juiced (about 1.5 cups of juice)
- 1 cup water
- 3 cups ice

### INSTRUCTIONS:

1. Add all ingredients (except for ice) to a blender or a container with high sides if using an immersion blender.
2. Blend until smooth and add in ice, as desired, continuing to blend to thicken and chill the mixture. Add water, if needed.
3. Enjoy immediately or freeze into popsicles for a warm weather treat!



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