



Green Monster Smoothie

1 ½ cup green grapes

¾ cup fresh or canned & drained pineapple chunks

1/2 – 3/4 ripe banana

¾ cup water

¾ cup ice

3 cups spinach

Blend all your ingredients. Start your blender slowly until smoothie starts to puree and then crank up the setting for about 2 minutes. Add more ice to get the desired consistency. Best if served cold.

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