



Spinach, Super-fruit Smoothie:

What You Need:

- a handful of baby spinach and/or kale
- 1/2 cup (approx.) mixed frozen berries
 - 1 small banana
- 1/4 cup almond milk
 - 1 tsp chia seeds

What to Do:

1. Combine all ingredients in a blender and blend on high until smooth.
2. Serve chilled.

Enjoy!