

## Beginner's Luck Green Smoothie

Serves: 2

This tropical treat has the perfect fruit-to-veggie ratio, which makes it a great beginner-friendly green smoothie. The spinach has a mild taste and is packed with over 20 different nutrients, vitamins, minerals, antioxidants and high-quality amino acids. It's rawesome stuff! Oh, and this recipe is kid-tested and approved too:)

### Ingredients

- 2 cups fresh spinach
  - 2 cups water
  - 1 cup mango
  - 1 cup pineapple
  - 2 bananas
- Use at least one frozen fruit to chill your smoothie. We often use frozen mangos and bananas in our green smoothies.

### Instructions

1. Tightly pack 2 cups of leafy greens in a measuring cup and then toss into blender.
2. Add water and blend together until all leafy chunks are gone.
3. Add mango, pineapple and bananas and blend again until smooth.
4. Pour into a mason jar (or cute cup of your choice).
5. Gulp or sip like a rawkstar!

### Notes

PSSST! Got an allergy to mango or pineapple, or not a big fan of bananas? You can substitute any fruit with another fruit with a one-to-one ratio.