



The Green Power Smoothie

Ingredients:

4 cups fresh spinach
1 banana
1 apple (core removed)
1 cup frozen pineapple chunks
1 Tablespoon flax
4 dates
1 Tablespoon of almond butter

Directions:

Combine all ingredients in the blender on the highest setting until smooth. Dilute with water if needed. Add more spinach to boost the power!

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Remember those Popeye cartoons where the sailor's muscles suddenly burst out every time he ate a can of spinach?

Well, I was talking with some friends over lunch the other day and discovered we'd all experienced that same mysterious power surge after drinking a spinach smoothie. Everyone agreed, it has more kick than an energy drink. (Not to mention the long term health benefits of spinach.) So, next time you feel like you need a quick pick-me-up, skip the caffeine and try whipping up one of these for a boost!

Salud!

*Doreen
Grace*

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