

## Spinach Berry Smoothie



- 2 C organic baby spinach,
- 1/2 C chopped fresh pineapple,
- 1 banana,
- 1 1/2 C frozen mixed berries,
- 3/4 C orange juice concentrate or apple juice concentrate (that is 1/2 of a 12 oz can),
- 2 Tbs chia seeds (optional)\*
- 1 tray of ice cubes,
- 2 C water.

\*Chia seeds are optional, but they are also magical. Not only do they provide omega 3 and protein, they also have the amazing property of helping you feel energized, full and satisfied and they don't alter the flavor at all.

Assemble ingredients. Place all ingredients in Vita Mix or Blend Tec blender (yes I put too much in this one, yours won't be quite so full.) Blend until smooth.