



VIBRANT,  
SWEET,  
GREEN  
SMOOTHIE

**MAKES 2 SERVINGS**

**Ingredients:**

- 2 dates (or honey to taste)
- 2 c spinach
- 1 c pineapple
- 1 banana
- 1 c water

**Directions:**

Combine all ingredients in a blender. Add more or less water according to preference.