

Vibrant 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. Almond milk, coconut milk, or dairy milk can be used in lieu of water.

