



# Green Smoothies

Smoothies are so great because you can use any leftover fruits and juices to blend one. This smoothie keeps you hydrated and will help you fight a cold or the flu by boosting your immune system. Drink this smoothie after eating salty food to help your body get rid of the excess salt that may increase your risk for heart disease.

**EQUIPMENT:** blender, rubber spatula, beautiful glass

**SERVES:** 2-3 people

**INGREDIENTS:**

- 1 banana, peeled
- 1 large handful of spinach, cleaned and de-stemmed
- 1 cup pineapple, cubed
- 2 cups coconut water

**INSTRUCTIONS:**

1. Add all of the ingredients to blender jar.
2. Blend on high until all of the fruits and vegetables are liquified.
3. Pour into large glasses.



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