



Healthier Take on the Shamrock Shake

The Green Machine Smoothie:

Ingredients

- ½ cup cold water
- 1 medium banana frozen and cut or broken into a few pieces
- 1 cup pineapple chunks canned (in its own juice)
- ¼ cup pineapple juice (use the juice from the canned pineapple)
- 1 cup packed fresh baby spinach

Instructions:

- Put all ingredients in a high-powered blender in the order they are listed
- Blend until smooth and serve immediately.



Reference