



BEVERAGES

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GF

GREEN PINEAPPLE SMOOTHIE

This smoothie is perfect for anyone who loves sweet/tart smoothies that pack in the nutrition. Use fresh or frozen spinach to add the green flavor

SERVINGS:

4-6 people

PREP TIME:

2 minutes

COOK TIME:

3 minutes

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☐ 1 cup fresh spinach or kale (or 1/3 c frozen)

☐ 2 Tablespoons ground flaxseed

☐ **Optional:** 1 teaspoon grated fresh ginger

INSTRUCTIONS:

1. Quarter and core apple. Add all ingredients to blender. Blend until smooth. Enjoy.

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