

# How to make a green smoothie



Grab your blender to make the perfect green smoothie.

This recipe makes 4 cups.

**Step 1:** Put 2 cups of leafy greens in the blender. You can use:

- Spinach
- Romaine lettuce
- Kale
- Cilantro

**Step 2:** Pour 2 cups of liquid in the blender. You can use:

- Water
- Almond or rice milk with no added sugar
- Coconut water

**Step 3:** Use the blender to mix the leafy greens and liquid.

**Step 4:** Put 3 cups of ripe fruit in blender. You can use:

- Banana
- Mango
- Any berries like strawberry, blueberry, or raspberry
- Orange
- Peach
- Pear
- Apple
- Pineapple
- Lemon

**Step 5:** Blend everything together until smooth. Enjoy!