

Going Green Smoothie

Yield: 3 1/2 cups

Ingredients

2 cups white grape juice

1/2 cup pineapple

2 cups fresh spinach

1 slice lemon

1 slice lime

1 cup (240 ml) ice cubes

1. Place all ingredients into the Vitamix container in the order listed and secure lid.
2. Select Variable 1.
3. Turn machine on and quickly increase speed to Variable 10, then to High.
4. Blend for two minutes or until desired consistency is reached. Serve immediately.