GREEN SMOOTHIE

2 C. frozen or fresh blueberries
1 banana, frozen - if you like your smoothie very cold and thick
2 large handfuls of fresh spinach (or more if you want the smoothie very green)
1/2 to 1 C. water - thin to your taste

Place spinach, banana, blueberries and water in a blender. Blend until smooth and creamy. Makes about 3 1/2 to 4 cups.

Optional: Add plain Greek yogurt for more protein and creamy/thick consistency.

NUTRITION FACTS: Serving size: 2 cups per serving