

Healthy Recipe of the Week

Use Organic ingredients whenever possible.

Green Machine Smoothie

From Parenting Magazine – June 2012

This is a great way to get your kids to eat greens. Our children LOVED these smoothies!

Makes about 4 small glasses

1 cup chopped spinach or kale

$\frac{3}{4}$ cup apple or orange juice

$\frac{1}{2}$ banana, peeled and sliced

$\frac{1}{2}$ apple, diced

3 ice cubes

In a blender, combine all the ingredients and blend until smooth.