

Halloween Green Smoothie

Ingredients:

- 1/2 cup apple juice
- 1 cup fresh baby spinach, frozen
- 1 large apple, cored and cut into pieces
- 1 frozen banana, broken in half
- 1 cup frozen pineapple chunks



Directions:

In a high-powered blender, add apple juice, spinach, apple, banana and pineapple.
Blend together until smooth.

Amy Lynn's Kitchen
www.amylynnskitchen.com