

# Spinach For Breakfast-Strawberry and Spinach Smoothie

If you are using primarily frozen fruit, then you may not need as much ice. I like having fruit in the freezer, because then you don't have to worry about it going bad, it's readily available, and it can save you money. DO NOT use fruit that has been sitting in a can or container filled with sugar.

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## Ingredients

- ½ cup spinach and/or kale
- ½ banana
- ¼ cup frozen or fresh strawberries
- ¼ cup frozen or fresh blueberries
- ¼ cup chopped pineapple; optional
- handful of ice
- about a ½ cup to 1 cup milk or liquid of choice

## Instructions

1. \*Place everything in a blender
2. \*Blend until smooth
3. \*If it's not blending smoothly add more liquid
4. \*If you are using all fresh fruit, make sure to add enough ice otherwise it will look more like a juice

Recipe by From Scratch With Maria Provenzano at <http://fromscratchwithmaria.com/spinach-for-breakfast-strawberry-and-spinach-smoothie/>

