

MANGO, PEACH & SPINACH GREEN SMOOTHIE

Serves 2.

By Dennis W. Viau; modified from an Internet recipe.

I love this green smoothie because the flavor of spinach cannot be found. It tastes of mango, peach, and orange, a delicious tropical smoothie — refreshing and filled with important nutrients. This is the way to get kids to eat their spinach.

Ingredients:

1½ cups (355ml) orange juice
2 cups (70g) baby spinach
1 medium banana
1 cup (100g) frozen mango pieces
1 cup (100g) frozen peach pieces
Optional: 1 tablespoon chia seeds

Directions:

Combine all the ingredients, in the order above, in the jar of a high-end blender such as a Vitamix. Start blending at low speed and slowly increase the speed to high. Blend about 40 seconds or until smooth.

If using a conventional blender that might be damaged by ice, allow the frozen pieces to thaw before blending.

