Lean & Green Smoothie

Ingredients:
• 1 cup baby spinach
• 1 banana, peeled
• 2 whole kiwis, peeled
• 1½ cups pineapple chunks
• 5 ice cubes

Directions:
Place all the ingredients into your high speed blender and blend for 30-45 seconds or until the desired consistency is reached.

Servings: 2
Nutrition Facts per serving:

Calories: 209
Fat: 0.4 g
Sodium: 35 mg
Carbohydrates: 50 g
Fiber: 5.4 g
Protein: 4.2 g