



Stunned Green Smoothie

Ingredients

- *1 handful of ice
- *1 handful of frozen fruit (I used strawberries, papaya, mango, bananas, and pineapple)
- * 1 cup of almond milk
- *2 handfuls of spinach
- *1/2 c. to 3/4 c. of vanilla or plain yogurt
- *1 tbsp. of chia or flax seeds
- *1 tbsp. of honey

Put everything in the blender...and voilà !



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