STRAWBERRY, KALE, AND SPINACH SMOOTHIE

INGREDIENTS

•   1½ cups spinach

•   1½ cups kale

•   1 orange (peel removed)

•   8-10 fresh or frozen strawberries

•   1 c. frozen or fresh mango and/or pineapple

•   ⅓ cup greek yogurt

•   ¼ cup water

•   2 stems of parsely

•   1 tablespoon honey (optional)

INSTRUCTIONS

Place all ingredients in a blender and blend well