Ghoulish Green Smoothie

INGREDIENTS:

1 cup (250 mL) fresh spinach leaves

2 cups (500 mL) cold water

1 cup frozen pineapple

1 cup frozen mango

2 bananas, peeled

Directions:

1. Place spinach and water in blender. Seal the lid of the blender tightly. Blend until smooth.
2. Add frozen fruit and bananas, and blend again.

Helpful hints:

\*Use at least one frozen fruit to make the smoothie cold or blend in ice.

NOT A FAN OF BANANAS, MANGOES, OR PINEAPPLE? Feel free to substitute with other fruit. Freezing the bananas first reduces the flavour and adds extra chill to your smoothie.