

Green Blender Juice or Smoothie

7 ingredients · 5 minutes · 1 serving



Directions

1. Combine all ingredients together in a blender. Blend very well until smooth. Be patient! It may take some time to really liquify.
2. Pour into a glass and enjoy as a smoothie. This will be enough for two people or you can save the remainder for lunch. If you have a juicer, put all the ingredients in your juicer - enjoy!

Ingredients

1 1/2 cups	Pineapple (diced)
1	Cucumber (diced)
1 cup	Parsley
4 cups	Baby Spinach
1 tbsp	Ginger (peeled)
1	Lemon (juiced)
10	Ice Cubes