



Shamrock Smoothie

Yield: 2 servings

Ingredients:

- handful of spinach
- handful of kale
- 1 cup green grapes
- 1 peeled kiwi
- $\frac{1}{2}$ green apple
- 1 few leaves of fresh mint
- 1 tablespoon chia seeds
- Ice
- 2 cups water

Directions:

- 1. Blend all together in a blender until smooth.