

# Green Smoothie

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## Ingredients

- 1/2 Cup 100% Orange Juice
- 1/2 Cup Coconut Water (regular water works too)
- 1/2 Frozen Avocado (can also use 1/2 banana)
- 5 Large Frozen Strawberries
- 2 Cups Fresh Spinach

## Directions

Put all ingredients in blender and blend until smooth. If the smoothie is too thick, thin with additional water.

Makes 1 – 2 smoothies