

## Pineapple, Apple, Blueberry and Ginger Green Smoothie

1 ½ cups Fresh Pineapple Diced

1 Granny Smith Apple (Skin on, Seeds Removed and Diced)

2/3 cups Fresh Blueberries

1 inch piece of Fresh Ginger (Peeled)

3 cups of Fresh Greens (I use a blend that contains Spinach, Swiss Chard and Kale)

½ Cup Water

Place all ingredients in blender and blend for 2 minutes or more until smooth. Serve in a 16oz jar over ice.

You will have enough for 2 ½ to 3 servings. I recommend drinking first thing in the morning and throughout the day. The ingredients will help provide the daily recommended fruit and vegetable servings and the fresh ginger will help with digestion and combat bloating.