“It’s Easy Being Green” Smoothie

**Ingredients:**

½ c water

1 c grapes

½ c fresh pineapple

1 medium banana

2 c fresh spinach (washed)

1 medium apple, quartered and seeded

4 c ice cubes

**Directions:**

1. Place all ingredients into the Vitamix container in the order listed and secure lid.

2. Select Variable 1

3. Turn machine on and quickly increase speed to variable 10, then to high.

4. Blend for 1 minute or until desired consistency is reached.