“It’s Easy Being Green” Smoothie

**Ingredients:**

[](http://www.google.com/url?sa=i&rct=j&q=green+smoothie&source=images&cd=&cad=rja&uact=8&docid=A4WuNAoDlvAwQM&tbnid=xiVG1b9z_qnAKM:&ved=0CAUQjRw&url=http://loadedwithexcuses.com/14-day-green-smoothie-cleanse/&ei=NBk8U9nyHaWOyAHvxoH4DQ&bvm=bv.63934634,d.aWc&psig=AFQjCNHBXYArM8-YwBiH6wKjpXOoV7CSUA&ust=1396533925559182)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.