

COOKING WITH CALISTA BLUEBERRY SPINACH SMOOTHIES



- **1 banana**
 - **4 -5 ice cubes**
 - **1/2 cup fresh blueberries**
 - **1/4 cup juice or plant-based milk**
 - **1 cup fresh spinach**
- ENJOY!!!**

**SHARE YOUR
SPINACH**

**RECIPES WITH US
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