

# Green Smoothie

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## Ingredients

- 1/2 ripe pear
- 1/4 avocado
- 3/4 cup frozen spinach
- 1 tsp. honey
- one cup greek yogurt or one scoop vanilla protein powder
- one cup almond milk
- one cup ice

## Instructions

1. Mix all ingredients in the blender



2.

Recipe by MyRDNutritionist at <http://myrdn.com/green-smoothie/>