

Blueberry, Blackberry, Spinach (or Kale) Smoothie
Whole Foods Nutrition with Cindy Olejar
www.wholefoodsnutrition.org

Serves 1

Ingredients

½ cup water
1 cup organic spinach or kale
1 cup organic blueberries
1 cup organic blackberries

Directions

1. Add the water, then spinach, blueberries, and blackberries to a blender.
2. Turn the blender on to the smoothie setting and blend until well combined.
3. Pour into your favorite tall glass and enjoy right away.