

**Blueberry, Blackberry, Spinach (or Kale) Smoothie**  
**Whole Foods Nutrition with Cindy Olejar**  
[www.wholefoodsnutrition.org](http://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.