

## Green Grape Smoothie

*(Makes 5 servings)*

### **Ingredients:**

- 1 cup cleaned spinach leaves, firmly packed
- 1 cup cleaned kale, roughly chopped, firmly packed
- 1 cup green seedless grapes
- 1 Bartlett pear – core, stem and seeds removed
- 1 orange – peeled, pith removed, quartered
- 1 banana – peeled
- 1 teaspoon chia seeds
- ½ cup water
- 2 cups ice



### **Directions:**

- 1) Put all ingredients in a blender. Process on low speed for 15 seconds. Increase to medium speed, then high speed. Process until well blended.

### **Nutritional Analysis:** *(per 1 cup serving)*

- Calories: 80
- Saturated Fat: 0 g
- Protein: 0 g
- Carbohydrates: 19 g
- Fiber: 3 g
- Sugar: 12 g
- Cholesterol: 0 mg
- Sodium: 15 mg