



Fitness By Dot

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Dot's latest Green Smoothie

based on the work of Robyn Openshaw

Add to blender:

2 handfuls spinach leaves

2 c water

1-1/2 banana

1/2 apple

1/3 avocado

6 frozen strawberries

4 ice cubes

Blend on low to get started, then blend at high speed until mixture is smooth, about 1-2 minutes.

Makes about 1 quart