TROPICAL GREEN SMOOTHIE

Servings: 1 Cook Time: 5 Minutes

Ingredients:

- 1 cup spinach
- 1/3 cup frozen zucchini
- 1/2 cup frozen pineapple
- 1/2 cup frozen mango
- 2/3 cup of water or 100% fruit juice
- 1/2 teaspoon ground ginger

Instructions:

In a blender, combine all the ingredients and blend until completely smooth.

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