

## Spinach Pineapple Smoothie Recipe

### Ingredients:

Canned pineapple (or fresh and pineapple juice)

Fresh spinach

### Directions:

1. Add cut pieces of pineapple and pineapple juice to blender. (Enough to just cover the blade.)
2. Fill the rest of the blender with fresh spinach.
3. Blend until smooth.
4. Pour the mixer into Dixie cups, add a popsicle stick, and freeze overnight.

