

Mom Blogger PLR Boutique

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Green Smoothie Even Your Picky Eaters Will Drink!

It's super easy and fast to make. You can also play around with the fruits you use. And you can use just spinach, mixture of spinach and kale, or just kale. You can also add flax seed or flax seed oil, wheat germ, and any other extras you'd like!

This recipe is super simple. All you need is a blender and the following ingredients:

- 1-2 bananas
- 1/2 cup frozen peaches
- 1/2 cup frozen mango
- a couple handfuls of spinach
- water

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