

Orange You Healthy Green Smoothie

Prep time:

5 minutes

Yields:

2 people

Ingredients:

1 ½ cups spinach

1 apple, cored and sliced

1 navel orange, peeled

½ lemon, juiced

1 tablespoon ground flax seeds

4-5 ice cubes

Water as needed for desired consistency

Directions:

Combine all ingredients except water in a blender and blend until smooth. Add water for desired consistency. You may not need any depending on how thick you like it.