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Serving: 1 Veg

Ingredients

- 1 kiwi
- 1/2 banana
- ¹/₄ cup pineapple
- 2 celery stalks
- ¹/₄ cups spinach Or Kale
- 1/2 cup water

Preparation Method

- Step 1 add all ingredients to blender
- Step 2 blend until smooth
- Step 3 enjoy
- Add the ingredients one at a time to ensure a smooth blending process. Start with the greens, like spinach or kale, then add the fruits and other ingredients later