



## Green Smoothie

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*Submitted by PEHP Member Haley T.*

### **Ingredients:**

- 2 cups raw spinach
- 2 lemon slices, rinds left on, seeds removed
- 1 cup natural/organic lemonade
- 3-4 fresh basil leaves
- 1 tsp honey or agave

### **Steps:**

- Blend all ingredients in a blender.
- Add a cup of ice and continue blending until desired consistency.

*Tips from the Test Kitchen: Be sure to check ingredients on the lemonade you use.*