



Green Smoothie

¼ Medium papaya

1 Cup water

Handful organic spinach

Small bag frozen blueberries

Put in blender: 1/4 of a medium papaya with 1 cup water; mix well! Then add big handful of organic spinach; mix well! Finally, add half of a small bag of frozen blueberries. Mix and serve. If you need to add a little more water, do so. Feel free to change up the fruit if desired. It's delicious!

Bonnie Bonnette