



The Edible Garden

Recipe featured at the Whole Foods Market demonstration, August 27

Get Your Greens Smoothie

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Serves 2

Note: You can be creative about your combinations -- the most important thing is to eat your greens any which way you can get them! Use organic ingredients here.

Ingredients

1½ cup unsweetened almond milk
1½ cup packed baby spinach
1½ cup frozen blueberries or cherries

Instructions

1. Combine in a blender and puree until completely smooth. Pour into glasses and enjoy!