

## **Eat Your Greens Fruit Smoothie ([www.DrFuhrman.com](http://www.DrFuhrman.com))**

Serves 2

Preparation time: 3 minutes

### Ingredients:

5 ounces baby spinach

1 banana

1 cup frozen or fresh blueberries

½ cup unsweetened soy, hemp, or almond milk

½ cup pomegranate juice or other unsweetened fruit juice

1 tablespoon ground flaxseed or chia seeds

Blend all ingredients in a high powered blender until smooth.