

YOU'RE A MEAN ONE GREEN GRINCH SMOOTHIE

Ingredients:

- 2 cups whole milk
- 1 1/2 cups frozen pineapple chunks
- 1 cup packed spinach
- 1 banana, peeled and halved
- 1/4 cup raspberries



Instructions:

- Combine milk, pineapple, spinach and banana in blender. Blend, scraping down sides as needed until smooth, about 1 minute. Pour smoothie mixture into 4 tall glasses.
- Top each glass with 1 to 2 raspberries. Serve and enjoy.