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## Spinach Smoothie

Wed, 03/28/2012 - 13:20 -- Jayne

Introduction:

I make this for breakfast. It is a great way to start the day! If you like it sweeter, just add more fruit.

Preparation:

Blend almond milk with a couple handfuls of spinach leaves in the blender. Add frozen berries and a couple tablespoons of ground flax seed. You can make a big batch and refrigerate leftovers for a day or so.

Image (optional):

