



## THE LEXINGTONIENNE'S BLUEBERRY SMOOTHIE

*Makes 1 king-size smoothie or 2 princess-size smoothies*

NOTE: Measurements are approximate, totally flexible, and should be adjusted as desired.

- 1 C ice cubes
- 1/3 to 1/2 of a banana
- 2 strawberries, stems & leaves removed, hulled, and roughly cut up
- 1 C fresh baby spinach leaves (I promise you can't even taste it.)
- 1 C frozen blueberries
- 1/2 C Greek yogurt
- 1/2 C orange juice

Put ice cubes into the blender and pulse for a few turns until crushed. Add remaining ingredients and pulse until smooth. You will probably need to stop and stir up the ingredients once or twice.

