

# Green Monster Smoothie

## Ingredients

- 1 banana (*frozen or not*), cut into chunks
- 1 cup chopped frozen pineapple
- 1 pear, coarsely chopped
- 1½ cups orange juice
- 3 cups baby spinach leaves, rinsed and dried
- 1-2 tbsp. honey
- 3 tbsp. ground flaxseed (*optional*)

## Directions

1. Combine all ingredients in a blender or food processor and puree until completely smooth.
2. Taste and adjust sweetness with additional honey, if desired. Serve immediately.

Yield: 2-3 servings

Source: Cooking with Karen; Originally from [Annie's Eats](#)