



## *Dr. Cindy's Easy Green Smoothie*

### Ingredients:

- 1/2 Pear
- 1 cup Pineapple
- 1 cup Green Grapes
- ½ Avocado
- 5 florets Broccoli
- 2 cup Spinach
  
- Water to desired consistency



Cut up the fruits and veggies and place in a freezer bag. Store chopped produce in freezer until frozen. Place frozen fruit and veggies in a high powered blender (e.g. Vitamix) and add 2-3 cups of water. Blend all ingredients until smooth. Add additional water until desired consistency is reached. This recipe makes several large servings and can be halved or quartered if desired. Enjoy!

**Cynthia Libert, M.D.**  
15 Earnest Drive, Suite A  
Blairsville, GA 30512  
(706)745-0200

[www.caringforthebody.org](http://www.caringforthebody.org)