

Green Machine

Ingredients:

- ½ Banana
- 1-2 Tablespoons Lemon Juice
- 1 cup of washed spinach
- 2 teaspoons honey
- 3-4 oz of water

Directions: Place all the ingredients in a blender, and blend until smooth. You can add a few ice cubes if you like your green juice extra cold. Makes approximately 8 ounces.

Feel free to get creative, you can swap out any fruit such as frozen blueberries, strawberries or mangos. Also, if the lemon juice is too tart try a splash of orange or apple juice.



Pump it Up: Run in place for 2 minutes!



Food for Thought: Spinach contains iron. Iron helps carry oxygen throughout your body which leads to proper growth and good health.

Tasty Thoughts: _____

