

Tasty Green Smoothies

Yield: 2 min
Total Time: 5 min

Recipe from: <https://www.recipeschoose.com/recipes/green-grape-jam-recipe-indian>

Ingredients:

- 1 cup green grapes
- 1/2 banana
- 1/2 cup pineapple fresh or frozen
- 2 cups fresh spinach
- honey Squeeze of, about a teaspoon or two
- 3 tablespoons hemp seeds optional
- 1/2 cup water
- 4 ice cubes

Nutrition:

1. Calories: 80 calories
2. Carbohydrate: 19 grams
3. Fiber: 2 grams
4. Protein: 2 grams
5. Sodium: 30 milligrams
6. Sugar: 14 grams

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