



Cantaloupe Strawberry Smoothie **Makes 1 serving**

INGREDIENTS:

- 1/2 medium/large cantaloupe, rind removed
- 1 cup organic strawberries
- 2 cups fresh organic baby spinach (or other leafy green)
- 1/4 cup filtered water if needed

PREPARATION:

Blend until smooth.

<http://www.incrediblesmoothies.com/recipes/cantaloupe-melon-smoothie-recipes-and-nutrition/>

NOTES FROM THE COOK:

Smoothie