

# Grapefruit Smoothie

Number of Servings

2

Ingredients

- 1 grapefruit, peeled, seeds removed
- 1 large sweet apple, cored and skin removed
- 2 cups spinach
- 1 large ripe banana, previously sliced and frozen
- 2-3 ice cubes
- 1/2 cup orange juice (can use almond milk)

Instructions

Add all ingredients to a blender (including reserved grapefruit juice) and blend until creamy and smooth. Add more liquid if too thick, ice to thicken, and banana or apple to sweeten.

Nutrition Information

127 Calories, .5g Fat, 32g Carbohydrates, 2g Protein, 5g Fiber, 25mg Sodium

**Tracker:** 2 cups Fruit S