

## Free Radical Fighting Super Smoothie

2 cups spinach, fresh  
1 sprig mint, fresh  
1 cup water, optional  
2 cups cantaloupe, ripe and rind removed  
1/2 cup blueberries  
1 apple  
1/2 lime, fresh squeezed

Blend spinach, mint leaf and ripe cantaloupe until smooth. You do not need to add a liquid-base to this recipe because of the high water content in ripe cantaloupes. Next add the remaining fruits and blend again. \* Use at least one frozen fruit to make the green smoothie cold.



*Recipe from Simple Green Smoothies.com*