

Basic Green Drink

1 banana

1 orange - peel off the outside rind, leaving the pith

4-5 handfuls of spinach leaves

Frozen fruit of your choice (1-2 cups)

Fresh Pineapple or Orange Juice

1-2 scoops Jurassic Green (optional)

Put all ingredients in a blender and add enough juice to mix. Serve immediately!

Experiment with the amount of greens, frozen fruit and juice you use - we fill up the blender for a family of 5. Our family has a variation of this every morning for breakfast.

Recipe by Tara Eyre