

# Grinch Smoothie

## Ingredients:

Handful of baby spinach leaves

1 small banana, cut into pieces and frozen  
Ice

Water or milk of choice

Whipped topping, sprinkles or crushed candy  
canes (optional)

## Directions:

Add spinach, frozen banana chunks, ice and water or milk to a blender. Blend until smooth. Fill a glass, add whipped topping and crushed peppermints if desired. Enjoy!

