

## Igor's Green Elixir

1 Banana  
12 oz. Frozen Mango  
3 c. Baby Spinach, Packed  
2 ¼ C Pineapple Juice

Place all ingredients into a blender. Blend on high until smooth. (If you like your smoothies on the thin side add some water, up to 1 C. after blending. Then, blend again.)

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All of our recipes can be found online at [www.uvu.edu/wellnessed](http://www.uvu.edu/wellnessed)

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