

# Smoothie-Green Monster

- 8 oz juice (apple, cran, orange, etc.)
- 1 cup frozen mixed berries
- 3 frozen Strawberries
- 2 Kale leaves
- 2 cups spinach leaves
- 1 cup frozen yogurt
- 2 or 3 cups ice

Place all ingredients into the RPM Professional Blender and use the "m" switch to start then bump up to speed three or four.

\* I place the greens at the bottom so they get really mixed in, I love this one.