

A close-up photograph of several vibrant green leaves, likely from a tropical plant, with small water droplets resting on their surfaces. The leaves are arranged in a cluster, with some showing prominent veins. The background is a soft, out-of-focus white.

# The Joy of Living Foods

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## Tropical Green Smoothie

If I could only have one smoothie every day for the rest of my life, this would be the one. The blended greens give you incredible nutrition but you really only taste the fruit. This is very, very delicious. I think I could live on just these.

¼ bunch **Spinach** (1 c packed)  
1 **Kale** leaf  
1 **Banana**  
½ **Mango**  
1/8 **Pineapple**  
1 c **Water**

Put all ingredients in a blender and blend. A frozen banana will make it nice and creamy.