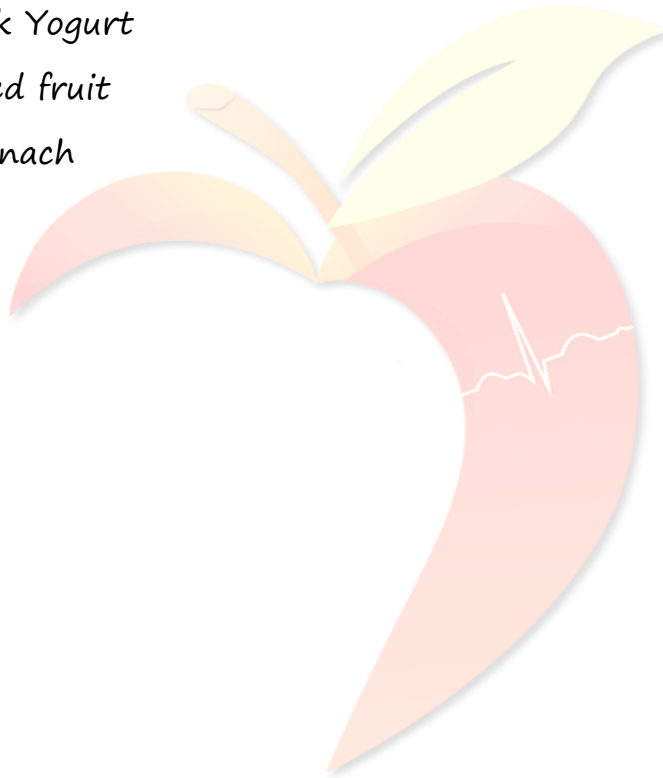


Chat N Chew

Mixed Fruit Smoothie

- *½ cup Greek Yogurt*
- *2 cups mixed fruit*
- *1 ½ cup spinach*

Blend and enjoy!



Healthy Living for Wellness of Body, Mind and Spirit

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