

Kiwi and Grapefruit Smoothie

INGREDIENTS

- 1 large ruby grapefruit
- 2 kiwi, skin removed
- 1 lime, juiced
- ½ apple, cored
- 1 cup water
- ½ ice
- ½ fresh spinach (optional)

DIRECTIONS

1. Peel grapefruit and kiwi.
2. Core and cut ½ of an apple.
3. Add fruit to blender with the juice of 1 lime.
4. Add ½ cup of fresh spinach.
5. Add 1 cup of water and ½ cup of ice.
6. Blend until smooth and serve.

