**Tropical Fruit Smoothie**

1 ½ cup frozen mixed fruit (pineapple, mango, peaches, strawberries, etc.)

1 medium banana

1 ½ cups orange juice

¾ cup spinach

½ cup carrots (optional)

Put each ingredient in blender as you go. Using a cutting board, slice banana into bite size pieces with table knife, use a liquid measuring cup to measure orange juice, use a dry measuring cup to measure fruit and then spinach. Blend until smooth and all ingredients are blended well. Divide into cups equally. Enjoy!