



Groovy Green Smoothie

NIBBLEDISH CONTRIBUTOR

Ingredients

1 banana, sliced
150g (5 oz) green grapes
1 (200g) tub vanilla yoghurt
1/2 apple, cored and chopped
50g (2 oz) fresh spinach leaves

Instructions

Place the banana, grapes, yoghurt and apple into a blender or food processor. Cover and blend until smooth, stopping frequently to push down anything stuck to the sides. Pour into glasses and serve.

NB: If you find your smoothie is too thick, add a tablespoon of milk, juice or soya milk at a time until desired consistency is reached.

Editor's note: This smoothie is a perfect addition to your morning, especially if you suffer from a chronic condition such as fibromyalgia. [Smoothies for fibromyalgia](#) have tons of vitamins in the fruit and spinach, so they are just the thing you need to start your day off right.