



Green Mandarin Smoothie/Popsicles

Ingredients

2 cups fresh baby spinach

1 cup oat or almond milk

2-3 drops of green mandarin essential oil

2 cups frozen pineapple

Instructions

In the cup of your blender, combine the baby spinach, milk and green mandarin oil.

Puree until smooth.

Add the pineapple and blend again until smooth.

Enjoy immediately or freeze into popsicles