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1 cup baby spinach (fresh or frozen) ½ avocado (peeled and stoned) ¼ cup water. Mix all these ingredients by blending for about 30 seconds in your Nutri Ninja. Pour into a serving glass and enjoy your yummy Nutri Ninja smoothie. This is a highly nutritious drink packed with vitamins C, B6, and many more.

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What you'll need: 1 Extra Large or 2 Small Ripe Bananas, peeled and frozen . ¾ Cup Low Fat (not fat free) Milk, or as needed 1 Tsp Vanilla extract 1 Tbsp Chocolate Chips *1 Tsp Cinnamon Sugar. How to make it: Cut the bananas into 1 ½ inch pieces and add to the 48 oz . pitcher, top with the milk and vanilla .

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