

## RASPBERRY AND RED LETTUCE FRUIT

*SMOOTHIES RASPBERRY AND RED LETTUCE FRUIT SMOOTHIE*

- 1 cup frozen organic raspberries
- 5 leaves Red Leaf lettuce
- 1 McIntosh apple, cored and cut into pieces
- 1 Granny Smith apple, cored and cut into pieces
- 1 cup fresh or frozen pineapple chunks
- 2 cups water plus
- 1/2 cup ice Combine all ingredients in food processor and blend until smooth.

*Pour into chilled highball glasses.*

*Yields 2 servings."*

