



PACIFIC COAST
FARMERS' MARKET
ASSOCIATION

PCFMA.ORG

GREEN MACHINE HONEYDEW SMOOTHIES



A minty, slightly sweet smoothie filled with vitamins, minerals, and loads of flavor!



00 HR 25 MINS



Serves 4



Featuring

[Resendiz Farms](#)
[J&J Ramos Farms](#)

INGREDIENTS

- 1 cup baby spinach
- 1/2 cup mint
- Juice of one lime
- 3 cups water or coconut water
- 3 cups honeydew, cubed and frozen, from a small, ripe honeydew

METHOD

Cube and freeze honeydew.

Combined ingredients in a blender and purée until smooth.

Also delicious with a jigger of gin or white rum.