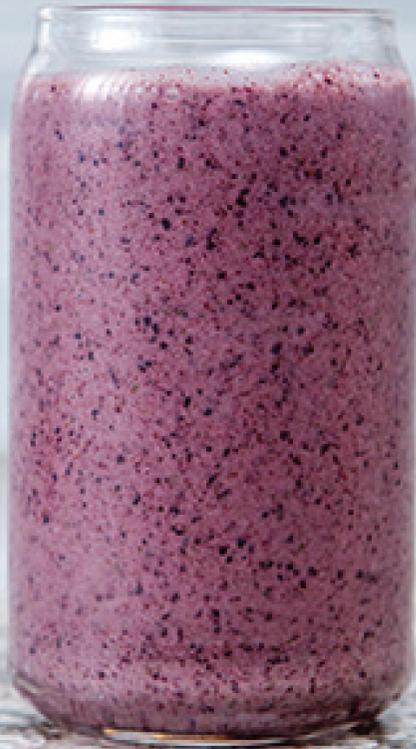


BLUEBERRY AND SPINACH SMOOTHIE



SERVES

1

**PREP & COOK
TIME**

5 min.

DIFFICULTY



INGREDIENTS

- 1 cup spinach, fresh
- 1 cup milk of choice
- 1/2 cup plain Greek yogurt
- 2 cups frozen blueberries
- 1 ripe banana

INSTRUCTIONS

1. Combine all ingredients in a high-speed blender. Blend until smooth.
2. Check the consistency. If you prefer your smoothie thicker, add ice. If you prefer your smoothie thinner, add more milk or water.
3. Enjoy immediately.

HEALTHY TIP

Add 2 tablespoons of honey to boost the sweetness and health benefits.