

Super Simple Smoothies

Ingredients:

- 1 cup greens – spinach
- 1 cup fruit (pick one) - banana, strawberry, OR mango
- 1 cup fruit (pick one) - blueberry, pineapple, OR raspberries
- 1/2 cup liquid - plain yogurt, 100% fruit juice, almond milk OR water

Preparation:

1. Chop spinach and fruit into 1 inch pieces
2. Blend all ingredients together in a blender and serve!

Note: For cold smoothies, freeze the fruit beforehand, or you can add ice!



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