

# Green Smoothie

*yield:* 1 SERVING

*cook time:* 0 MINUTES

*prep time:* 5 MINUTES

*total time:* 5 MINUTES



## INGREDIENTS

- 1 cup milk
- 1 cup spinach
- 1 banana
- 1 cup fruit
- 2 tbsp seeds

## INSTRUCTIONS

1. Place all ingredients in blender.
2. Start blending on low speed and increase to high.
3. Blend on high 30-60 seconds until smooth.
4. Pour into glass and enjoy.

*Customize this simple green smoothie for an incredibly healthy, delicious snack. Great for on-the-go!*



**Milk Options:** soy (unsweetened, regular, vanilla), almond, cashew, cow, coconut.

**Fruit Options:** mango, strawberries, mixed berries, pineapple, peaches, oranges, apples, kiwis, avocado, cucumber, melon, papaya, pear, grapes.

**Seed Options:** chia, ground flax, hemp, pumpkin.

**Add-Ins:** protein powder (1 scoop), nut/seed butter (2 tbsp), honey (1-2 tsp).

**Greens Alternatives:** kale, romaine, collard greens, swiss chard.