

Fruit Smoothie

5 minutes • Serves 2



Ingredients

- 1 banana
- 1 cup milk or water
- 1 small vanilla or fruit yogurt
- 1 cup of fruit (berries, peaches, mango, pineapple, etc.)
- 1 handful spinach leaves (optional)

Preparation

1. Wash fruit and remove stems / seed. Wash spinach if using.
2. Peel banana and place in blender. Add the rest of the ingredients.
3. Place lid on blender. Turn blender on full power for 30-60 seconds.
4. Pour into cups and enjoy.