

Strawberry Banana Spinach Smoothie

Prep Time: 10 min
Makes 4 cups



INGREDIENTS

- 2 over-ripe bananas, peeled
- 24 frozen strawberries
- 2 cups fresh spinach (pack it in)
- 1 cup low-fat plain or vanilla yogurt
- 1 cup orange juice
- 2 teaspoons honey (optional)

DIRECTIONS



Start with clean hands!
Wash your hands with soap and water.

1. Put all ingredients in a blender.
2. Blend until smooth.
3. Add more orange juice or water, if needed.
4. Enjoy!



Public Health



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