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.

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.

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