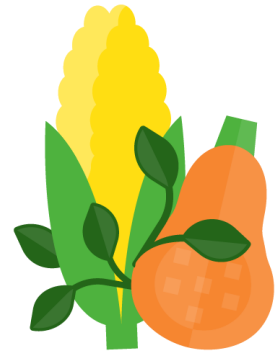


Berry Smoothies



Yield: 2 servings
Preparation time: 10 minutes
Cook time: Not Applicable

Equipment:

- ❖ Blender
- ❖ Liquid measuring cup
- ❖ Dry measuring cups
- ❖ Spoon
- ❖ Cups for drinking

Ingredients:

- ❖ 1 banana
- ❖ 1 cup (250 mL) fresh or frozen berries (blueberries, raspberries, blackberries, strawberries)
- ❖ 1/2 cup fresh or frozen spinach
- ❖ 1 cup (250 mL) milk
- ❖ ½ cup (125 mL) Greek yogurt

Directions:

- ① Combine all ingredients in a blender.
 - ② Blend until smooth.
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