

Green and Healthy Smoothie

Ingredients:

- 1 large handful baby spinach
- 1/3 cup milk
- 2/3 cup vanilla yogurt
- 1 banana
- 3/4 cup frozen peaches
- 1/2 cup frozen pineapple chunks



Directions

1. Place spinach and milk in a blender and blend until smooth.
2. Add the remaining ingredients and blend until smooth.
3. Divide into two drinking glasses and serve.

Makes 2 servings

To make a recipe card, print on card stock paper. Cut out along dotted lines.
Glue the front and back of the card together.