



Simple Summer Green Smoothie

SIMPLE RECIPE

Ingredients

- 2 cups cold water
- 1 peeled banana (fresh or frozen)
- 1 cup of mango chunks (fresh or frozen)
- 1 cup spinach
- ¼ cup plain or vanilla yogurt



Directions

1. Add the ingredients to the blender in the order given, and blend away! A delicious, healthy drink awaits you.

