



Very Berry Smoothie

Ingredients

- 1/2 cup milk
- 1 cup water
- ¼ cup plain or vanilla yogurt
- 1 peeled banana (fresh or frozen)
- 1 cup frozen berries (blueberries, raspberries or blackberries)
- 1 cup spinach
- 2 tablespoons oats



Directions

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