Green Smoothie
(Any fruit in this recipe can be substituted for a fruit of your choice)

**Ingredients:**
- ½ cup of frozen Mango
- ½ of a large banana cut into chunks
- 6 large frozen or fresh Strawberries
- 2 cups of Spinach (or as much as you want)
- 1/3 cup of Greek Yogurt/any sweetener
- 8oz of water or 1 cup of ice

**Directions:**
Grind up the fruit and water/ice blend till smooth. Add spinach and sweetener/yogurt. Pour into glass and serve!

Note– Blentec blenders are the best for blending frozen fruit and ice, but make sure you have a blender that can adequately blend.

This recipe is provided by SHS Wellness Programs.
All of our recipes can be found online at www.uvu.edu/wellnessed