

## 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](http://www.uvu.edu/wellnessed)

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