Eat Well Recipe

Spinach Berry Smoothie

Ingredients:

- 1 cup of spinach leaves
- 1 medium sized banana
- 1 cup of mixed frozen berries (blueberries, raspberries, and blackberries)
- ½ cup of apple juice (can substitute with non-fat plain yogurt)

Directions:
Place the spinach, bananas, frozen berries and apple juice into a blender. Cover, and blend until smooth, stopping frequently to push down anything stuck to the sides. Pour into glasses and serve.

This recipe is provided by SHS Wellness Programs.

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