

Green Power Smoothie

It's All
About
Kids
tulsaplay.org

Ingredients

- 2 large bananas, previously peeled, sliced, and frozen
- 1 heaping handful spinach (about 1.5 cups)
- 1/2 of a large apple, chopped (or 1 small - use your favorite variety)
- 1/2 cup Milk

optional:

- 1 Tablespoon ground flax
- 7 large strawberries, sliced

Directions

1. Peel the apple if you do not prefer the skin to be in your smoothie.
2. Blend all ingredients together until smooth.
3. Add more milk if it is too thick.
4. Scrape down the sides of the blender as needed and pour equally into 2 glasses.

Source: sallysbakingaddiction.com

