

GREEN Smoothies

INGREDIENTS



1/2 banana



8 frozen strawberries



1 cup packed fresh spinach (or 1/2 cup frozen spinach)



1/2 cup low-fat vanilla yogurt



1/2 cup orange juice or water (and more as needed)



1 teaspoon honey

DIRECTIONS



1. Place all ingredients in a blender and blend until smooth.
2. Add more orange juice or water as needed.
3. Enjoy!



Public Health

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