



Berry and Greens Smoothie

Ingredients:

- 1 medium banana
- 1-6 oz. container of vanilla yogurt
- 1 1/2 cups leafy greens, washed (kale or spinach)
- 1-16 oz. package frozen berries
- 1/2 cup nonfat milk

Here's a Tip:

Add up to 1 cup more of nonfat milk if smoothie is too thick. Put frozen smoothies in the refrigerator for at least 12 hours to thaw them before serving. Shake well to mix ingredients before serving. This is a good recipe to use over-ripe or frozen bananas.

Instructions:

1. Put bananas, yogurt and green in blender. Blend until smooth.
2. Add berries to blender. Blend until smooth.
3. Add milk to blender. Blend until smooth.
4. Serve immediately or freeze in individual servings.

**Recipe adapted by Extension Iron County by using the July-August Nutrition Nibbles newsletter.*