

Making it delicious

Shamrock Smoothie



Ingredients:

- 1 banana
- 10 fresh mint leaves
- 2 cups baby spinach
- 1 cup milk
- 1/4 tsp. vanilla extract
- 1 cup ice cubes



Instructions:

- Combine all ingredients in a blender until smooth and frothy!

Recipe adapted from superhealthykids.com

Lucky Green Smoothie

Ingredients:

- 1 apple*
- 1 banana*
- 2 cups fresh spinach or kale
- 1-2 cups water or milk

*Or 2 cups of fruit, fresh and/or frozen



Instructions:

- Put all the ingredients into a blender, starting with less water/milk and adding more if desired. Blend until very smooth.