



Groovy green smoothie

A great way to get your daily greens that tastes great. Feel free to experiment with your own favorite fruits!

Ingredients

- 1 banana
- 1 cup grapes
- 6-ounce tub vanilla yogurt
- 1/2 apple cored and chopped
- 1 1/2 cups fresh spinach

Directions

1. Place all ingredients into a large blender.
2. Cover, then blend until smooth, stopping frequently to push down anything stuck on the sides.
3. Pour into glasses and enjoy!

Recipe adapted from All Recipes