



A Program of



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Communities

HIDDEN SPINACH SMOOTHIE

While a green tint could give away the spinach inside, you can really only taste the fruit! This recipe takes advantage of the natural sugars and flavors found in fruit and keeps the fiber that helps with digestion and fullness (unlike, say, a juice). Spinach, or other tender greens, add vitamins, minerals essential to energize your day and the protein + healthy fats in dairy or non-dairy yogurt or milk help round out the meal.

SERVINGS: AROUND 4

Ingredients:

- 2 cups frozen or fresh berries or fruit (other than banana - you choose!)
- 3 cups spinach (packed)
- 1 cup yogurt, kefir, milk, or a non-dairy alternative
- 1 large banana, fresh or frozen in pieces

Directions:

1. Combine all ingredients in blender.
2. Pulse to combine and blend until smooth.
3. Serve immediately!



PRO TIPS:

- If your smoothie is too thick, try adding a little water, juice, or milk to the blender.
- Set yourself up for summery smoothies year round by freezing smoothie-friendly fruit (like berries) when it's in season!

SHAKE IT UP:

There is a world of options with smoothies - it's one of the things that makes them so fun! Some people enjoy adding avocado for a creamy effect, cucumbers or other veggies, and nuts or seeds for texture and to make a more filling drink.

recipe adapted from: <https://www.commonmarket.coop/recipe/hidden-spinach-berry-smoothie/>