



# Smoothie

A smoothie is a great way to start the day, this recipe includes a fruit and vegetable, a whole grain and a source of protein.

## Ingredients

- 2 cups loosely packed spinach or ¼ cup frozen spinach
- 1 ripe banana
- 2 cups fresh or frozen fruits such as blueberries, strawberries, peaches or mangoes
- 1 ½ cups skim milk
- 1 cup 0% fat plain greek yogurt
- 1 ½ tbsp. oats or oat bran or try chia or ground flax seed

## Directions

1. Add all ingredients to blender
2. Blend until smooth or desired consistency

### Tip:

This is a great place to use frozen fruit, it is just as nutritious as fresh and saves time with food prep. Greek yogurt is a great way to add protein to your breakfast.

*Recipe adapted: Canada Food Guide*

**PREP TIME: 5 min**

**SERVINGS: 4**