



# GREEN BANANA SMOOTHIE

SERVES 4  
(3/4 cup  
each)

## INGREDIENTS

- 1 banana
- 85 grams frozen spinach
- 1 cup (250 mL) vanilla yogurt
- 1½ cups (375 mL) frozen kiwi

## DIRECTIONS

1. Combine all ingredients in a blender and mix until smooth.

## NOTES

Want to use fresh fruit and veggies instead? Use 1½ cups (375 mL) fresh spinach or 3 medium kiwi.

