

Green Smoothie

Ingredients

YIELDS: 4 servings PREP TIME: 6 minutes

- 1 cup (250 mL) spinach or kale
- 2 medium bananas, very ripe
- 1 cup (250mL) frozen light-coloured fruit (mango, peaches, pineapple)
- 1 cup (250mL) white milk or unsweetened fortified soy beverage
- 1 cup (250mL) plain yogurt



EQUIPMENT: strainer / blender / dry measuring cup / liquid measuring cup / large spoon / cups for sampling

Directions

- 1) Thoroughly wash spinach or kale under cool running water. Discard any spoiled leaves.
- 2) Peel bananas and break into pieces. Place in blender.
- 3) Measure spinach, frozen fruit, milk and yogurt. Add into blender. Secure lid and blend until smooth (1-2 minutes).
- 4) Pour into glasses and serve immediately.

Chef's Tip



To ensure a bright green smoothie, avoid adding dark-coloured fruit like berries.

Let's Get Cookin'!

