



Green Smoothie



Prep Time: 10 minutes

Serves: 2

INGREDIENTS

- 1 medium apple, chopped
- 1/2 banana, frozen
- 1 cup spinach
- 1/2 cup Greek yogurt
- 1" ginger, peeled, chopped
- couple of ice cubes (Optional)
- 1/2 tablespoon honey

TIPS

- Spinach can be substituted for other dark leafy green vegetables, like kale, arugula, or swiss chard

DIRECTIONS

1. **ADD** all ingredients to the blender, breaking the banana into pieces.
2. **BLEND** until smooth, adding a splash of water if necessary.
3. **DRINK** immediately or store up to 1 day refrigerated in a covered jar. **ENJOY!**