

# Spinach Orange Smoothie



# Ingredients



- 2 mandarins, peeled
- 1 medium banana, peeled
- 1/2 cup raw spinach
- 2 cups milk
- 1 cup vanilla yogurt

# Preparation:

- 1.) In a blender, combine Mandarin oranges, banana, spinach, milk, and vanilla yogurt. Blend on high until smooth and creamy. Serve immediately.

scan for full recipe

