



Spinach, Banana, & Strawberry Smoothie

Ingredients:

- 1/2 cup of coconut water, green tea, cow's milk, unsweetened almond, rice or soy milk
- 3 ounces (about 2 cups) of baby spinach
- 1 small frozen banana
- 5 large strawberries, stemmed
- 1 scoop of vanilla protein powder or 1 carton of plain, Greek yogurt
- 1 tsp. of honey (optional)

Directions:

Combine all ingredients in a blender and mix until smooth.

Number of Servings: 1