

Berry Boost Smoothie

Ingredients

- 1 cup milk
- 1 cup spinach
- 1 banana, frozen or fresh
- ½ cup strawberries, frozen or fresh
- ½ cup blueberries, frozen or fresh

Directions

1. In a blender add milk, spinach, banana, strawberries and blueberries.
2. Blend until smooth.

Pour into glass and enjoy!

Makes 2 cups

Tip: If using fresh fruit add ice cubes.

