



Berry Green Smoothie

2-3 servings

INGREDIENTS

- 1/2 cup milk, or unsweetened non-dairy alternative
- 1 cup fresh spinach or kale
- 2 cups frozen blueberries
- 1 fresh or frozen banana
- 1/2 ripe avocado (peeled and pitted)
- 1/4 tsp cinnamon
- Optional: 1-2 tbsp nut butter of choice

DIRECTIONS

1. Wash spinach and dry. Prep banana and avocado by peeling and cutting into large chunks.
2. Place milk and spinach in blender and blend on low until completely broken down.
3. Add remaining ingredients to blender. Blend until smooth.
4. Enjoy immediately!

*Chef's Tip: For a thinner smoothie add bit more milk. For a thicker smoothie add a few ice cube until you reach desired consistency.



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