

# Green Smoothie

Total Time: 5 minutes

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## Instructions

1. Add ingredients to a blender and blend until smooth
2. Pour in cup and Enjoy!

## Ingredients

- ½ cup Greek yogurt
- ½ cup milk, skim or 1%
- 1 cup spinach
- ½ cup frozen strawberries
- ½ banana, frozen (or ½ avocado)
- 1 teaspoon honey