



Fit Together Berry-licious Smoothie

Ingredients:

- 1 cup of fresh or frozen berries – strawberries, blueberries, raspberries
- 1 cup of plain Greek yogurt
- ½ cup of fresh spinach
- 1 small banana, sliced
- ½ cup of crushed ice

Directions:

1. Blend the berries, yogurt, spinach, sliced bananas, and ice for one minute or until you get the desired consistency.
2. Serve fresh.

Preparation Time: 5 Minutes

Servings: 4

