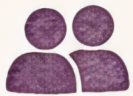


Mixed Berry Green Smoothie



SERVES: 2



TOTAL TIME:
4 minutes



ESTIMATED COST:
\$0.65 per serving

Ingredients

- 1 cup frozen mixed berries,
- 1 large handful of fresh or frozen spinach,
- 1 cup milk or juice,
- 1/2 cup plain yogurt or 1 banana,
- 1 tablespoon ground flaxseed (optional)

Instructions

- 1 Combine all ingredients in a blender.
- 2 Blend until completely smooth.
- 3 Add a splash more liquid if the texture is too thick.
- 4 Pour into cups or bottles and serve.

