

GREEN MONSTER SMOOTHIE

Ingredients

- 1/2 cup frozen spinach
- 3/4 low-fat vanilla yogurt
- 1 medium banana
- 1/2 cup pineapple chunks in 100% juice
- Ice and water as needed

Instructions

1. Wash your hands and clean your cooking area.
2. Add all ingredients to blender and process until smooth.
3. Serve immediately
4. Cover and refrigerate leftovers.

