



Berry Smoothie

2 ripe bananas	1 cup blueberries, washed
2 cups spinach	$\frac{3}{4}$ cup orange juice
12 oz. bag of frozen mixed berries	$\frac{3}{4}$ cup water

Directions

1. Wash hands. Combine all ingredients in a blender. Blend well.
2. Midway through blending, use a spoon to push ingredients on the top to the bottom for even blending. Once blended, serve and enjoy.

Makes 5-1 cup servings

Nutrition Facts (per serving): 110 calories, 0.5 grams fat, 0 milligrams cholesterol, 20 milligrams sodium, 29 grams carbohydrate, 4 grams fiber, 2 grams protein