



BEVERAGES

V

GF

APPLE BERRY SMOOTHIE

Switch up this classic berry smoothie by adding a Fuji apple. This smoothie is sweet, creamy, and will be your new favorite breakfast smoothie.

SERVINGS:

4-6 people

PREP TIME:

2 minutes

COOK TIME:

3 minutes

THIS WEBSITE USES COOKIES

We use cookies to personalise content and ads, to provide social media features and to analyse our traffic. We also share information about your use of our site with our social media, advertising and analytics partners who may combine it with other information that you've provided to them or that they've collected from your use of their services.

Deny

Allow selection

Allow all

☒ Necessary ☐ Preferences ☐ Statistics ☐ Marketing

Show details ▼

- ☐ 1 cup fresh spinach or kale (or 1/3 c frozen)
- ☐ 1 ripe banana (fresh or frozen)
- ☐ ¼ cup yogurt (plain, vanilla, or fruit flavored)
- ☐ 1 teaspoon vanilla extract

OPTIONAL: 2 Tbsp peanut butter or top with granola.

INSTRUCTIONS:

1. Quarter and core apple. Add all ingredients to blender. Blend until smooth. Enjoy.

THIS WEBSITE USES COOKIES

We use cookies to personalise content and ads, to provide social media features and to analyse our traffic. We also share information about your use of our site with our social media, advertising and analytics partners who may combine it with other information that you've provided to them or that they've collected from your use of their services.

Deny

Allow selection

Allow all

☒ Necessary ☐ Preferences ☐ Statistics ☐ Marketing

Show details ▼