

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

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- [ ] 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.

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