



Green Smoothie

YIELDS: 4 servings

PREP TIME: 6 minutes

Ingredients

- 250 mL (1 cup) fresh spinach or kale
- 2 medium bananas, very ripe
- 250 mL (1 cup) frozen light-coloured fruit (mango, peaches, pineapple)
- 250 mL (1 cup) white milk or unsweetened fortified soy beverage
- 250 mL (1 cup) plain yogurt



Figure 1. Green Smoothie

EQUIPMENT: strainer | blender | dry measuring cup | liquid measuring cup | large spoon | cups for sampling

Directions

1. Thoroughly wash spinach or kale under cool running water. Discard any spoiled leaves.
2. Peel bananas and break into pieces. Place in blender.
3. Measure frozen fruit, milk and yogurt. Add into blender. Secure lid and blend until smooth (1-2 minutes).
4. Pour into glasses and serve immediately.

CHEF'S TIP: To ensure a bright green smoothie, avoid adding dark-coloured fruit like berries.