

Delicious Green Smoothie



Ingredients:

1 frozen banana

1 unpeeled apple, cored and cut into chunks

1 cup low fat Greek yogurt

1 ½ cups baby spinach

¼ cup water or more if needed to blend ingredients

6 ice cubes

Directions:

Put all ingredients into a blender. Mix until smooth. Enjoy!

Makes 2 Servings

Nutrition per Serving: 198 calories, 34.75 carbs, 3.5 grams fat, 8 grams protein