

Healthy and Easy Green Smoothie

Yield: 1 serving

½ cup frozen fruit (any kind you like!)

1 medium banana

1 cup low-fat yogurt (any kind you like!)

Handful of baby spinach

1 tbsp. honey (optional)

Splash of juice or milk (optional - depending on how thick you like it)

Add all ingredients to blender. Cover and blend until smooth. Serve!

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