

Snack

Source: Two Peas and Their Pod

Yield: 2 servings

Prep time: 5 minutes

Ingredients:

- 1 large orange peeled and segmented
- 1/2 of a large banana
- 6 large strawberries
- 2 cups spinach
- 1/3 cup plain Greek yogurt
- 1 cup ice

Green Monster Smoothie

Directions:



Put all of the ingredients in a blender and purée until smooth. Pour into glasses and serve.

Make sure you use a powerful blender that will purée the orange, spinach, ice, etc. I like to store one serving of the smoothie in the freezer for later. Pour in an airtight container and freeze. Make sure you take the smoothie out of the freezer about 30 minutes before you want to drink it. You can also store the smoothie in the refrigerator.