

Green Power Smoothie



ingredients

Serves 3 people

- 2 oz of skim milk
- 1 cup of pineapple chunks w/ juice
- 1 banana
- 1 1/2 cups of spinach
- 4 oz of vanilla yogurt

directions

- Combined all ingredients and blend
- Refrigerate and serve 8oz servings



CANTON LOCAL

NUTRITION SERVICES

Fuel Up for Life