



Sunrise Smoothie

Servings 2 | Prep time 5 mins. | Total time 5 mins.

Equipment:

Blender

Utensils:

Measuring cups

Ingredients

- 1 cup orange juice
- 1/2 cup low-fat plain or vanilla yogurt
- 1 frozen banana
- 2 cups fresh spinach leaves
- 2 cups ice

Instructions

1. Before you begin wash your hands, surfaces, utensils, and vegetables.
2. Add all ingredients to blender and puree until smooth.
3. Serve immediately- after a few minutes smoothie will begin to separate.

Nutritional Information:

Calories 170 Total Fat 0.5g Sodium 60mg Total Carbs 38g Protein 5g