



Sunrise Smoothie

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

Equipment:

Blender

Utensils:

Measuring cups

Ingredients

1 cup 100% orange juice
1/2 cup (plain or vanilla) low-fat yogurt
1 frozen banana
2 cups fresh spinach
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