



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