

Berry Banana Smoothie

Ingredients

- 1 cup frozen berries, such as blueberries and strawberries
- 1 medium banana, frozen if possible
- 3/4 cup nonfat vanilla yogurt
- 1 cup milk or unsweetened almond milk
- 1 cup spinach
- 1 TBSP ground flaxseed or chia seeds
- 2-3 ice cubes

Instructions

1. Add all ingredients to a blender and pulse until smooth. Serve immediately.