

Green Smoothie

Servings: 2 (1 cup)

Prep/Time: 10 minutes

Ingredients

- 2 medium bananas, sliced
- 2 cups spinach or another green leafy veggie (like kale)
- 1 medium or large carrot, sliced (if the carrot tops are still attached, feel free to chop up and add)
- 1/3 cup pitted dates (can also use dried dates--may warm up with water in microwave safe bowl to make blending go easier)*
- 1/3 cup yogurt (such as plain, non-fat Greek yogurt)
- Water- up to 1 cup (to thin out smoothie to your preference)



Directions

1. Wash all produce first.
2. Combine all ingredients in blender, blend to desired consistency

**Notes: if you prefer to use another sweetener instead of dates, go right ahead! Honey is an option- start with 1 tbsp and increase as desired. This smoothie is best to drink right away or within one day.*

**Tips: 5.3oz yogurt container is around 1/3 cup.*