

Fruit and Veggie Smoothie

1 cup packed spinach

½ cup fresh blueberries

½ banana

1 cup coconut milk (or 1 cup almond milk for low-fat)

½ teaspoon vanilla extract

In a blender combine spinach, blueberries, banana, coconut milk, and vanilla. Blend until smooth.

If you wish you can replace the berries with your favorite fruit.

Serves one

This smoothie is a good way to get both fruit and vegetable

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