

Delicious fruit smoothie

Serves: 1 | Preparation: 5 minutes | Total: 5 minutes

Difficulty: Easy



Ingredients

- ¾ cup milk
- ¾ cup frozen mixed berries
- ½ cup plain Greek yogurt
- ¼ cup frozen spinach
- A few frozen avocado cubes

Instructions

1. Add liquid and yogurt to blender first.
2. Add spinach and avocado.
3. Add frozen mixed berries.
4. Blend and adjust consistency with ice if needed.

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Adapted from [wholefully.com](https://www.wholefully.com)