

MyPlate Smoothie



MYPLATE SMOOTHIE

Prep Time: 5 minutes

Cook Time: 0 minutes

Yields: 3 servings

INGREDIENTS

- 1 cup banana
- ¼ cup old fashioned or rolled oats
- 1 cup frozen berries
- ¼ cup pineapples
- 1 ½ cup spinach
- 1 cup plain Greek yogurt
- ½ cup orange juice
- ½ cup fresh berries

DIRECTIONS

1. Place oats and orange juice in the blender and blend until smooth.
2. Add spinach and blend until smooth.
3. Place the rest of the ingredients in the blender.
4. Blend until smooth.
5. Pour into cups and top with fresh berries.
6. Enjoy!

Healthy Tip

This recipe is high in vitamin C. Vitamin C is a water-soluble vitamin that is necessary for normal growth and development.



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The Ingredient to a Healthy Life

FLIPANY's mission is to educate and empower youth and adults through nutrition and physical activity programs while influencing policy changes for healthier communities.