



## Berry and Greens Smoothies

**Source:** Iowa State University Extension and Outreach | **Yield:** 8 servings; 90 Calories per serving.  
Total fat .5g; Protein 4g; Total carbohydrate 20g; Dietary fiber 3g; Sodium 50mg

### INGREDIENTS:

- 2 medium bananas
- 2 containers (6 ounces each) nonfat vanilla yogurt
- 3 cups leafy greens, washed (kale or spinach)
- 1 package (16 ounces) frozen berries
- 1 cup nonfat milk

### DIRECTIONS:

1. Put bananas, yogurt, and greens in the blender. Blend until smooth.
2. Add berries to blender. Blend until smooth.
3. Add milk to blender. Blend until smooth.
4. Serve immediately or freeze in individual servings.

Add up to 1 cup more nonfat milk if smoothie is too thick.

Put frozen smoothies in the refrigerator for at least 12 hours to thaw before servings. Shake well to mix ingredients before serving.

Use half of each ingredient to make 4 servings if this makes too much. This recipe is good to use over ripe or frozen bananas.