



### *Ingredients*

- 1 cup milk of choice (add more depending on preferred consistency)
- 1/3 cup frozen spinach
- 2 tbsp. peanut butter
- 2 frozen bananas
- 1/3 cup frozen berries of choice (blueberries, strawberries, etc.)
- 1/3 cup Greek or other yogurt of choice (optional for more protein)

### *Steps*

1. Add all ingredients in a blender
2. Blend on high speed, but be sure to do so for longer than normal (around 45 seconds) to blend greens and other ingredients well
3. Serve, and freeze leftovers in glass jars for a future snack or dinnertime beverage

*Nutrition Information (based on 4 servings):*

*130 calories, 19 g carb, 4 g fat, 6 g protein, 2 g fiber*

# Power Smoothie for Kids and Adults