



# BERRY BANANA SMOOTHIE

*Start the morning right with energy-boosting berries and veggies, combined into one sweet beverage. Customize with your favorite berries, sweeten as you like, and have breakfast ready in snap.*

**1 cup spinach leaves**

**1/2 cup frozen blueberries**

**1/2 cup frozen raspberries**

**1 ripe banana**

**1/2 cup milk**

**2 tablespoons old fashioned oats  
(optional)**

**1 tablespoon honey, or more, to taste  
(optional)**

- 1. Place** milk in blender first.
- 2. Add** bananas, berries, oats, and honey in the blender.
- 3. Top** with 1 cup ice.
- 4. Blend** until smooth.
- 5. Serve** immediately.



**Hungry for more?**

Visit [boynton.umn.edu/SNAC](http://boynton.umn.edu/SNAC)  
for more healthy recipes!