



JUSTIN'S JUICY FRUITY SMOOTHIES

INGREDIENTS:

32 oz Vanilla Yogurt

16 oz Bag of Frozen Blueberries

16 oz Bag of Frozen Strawberries

16 oz Bag of Frozen Blueberries

1 Orange

1 Banana

½ cup of Spinach

*Berries can be switched out
for any type of fruit you like!

DIRECTIONS:

1. In a food processor or blender add your 32 oz vanilla yogurt.
2. Toss in a handful of frozen blueberries.
3. Toss in a handful of frozen strawberries.
4. Toss in a handful of frozen blueberries.
5. Cut the orange and squeeze into the mixture.
(A dab of orange juice can work just as well.)
6. Cut up the banana and toss into the mixture.
7. Add the ½ cup of spinach. (This is optional!)
8. Put the lid on your food processor or blender.
9. Blend the ingredients for a few minutes to make sure all of the frozen fruit is mixed in well.
10. Serve and enjoy!