

SPINACH ORANGE SMOOTHIE

Serves: 2 | Prep time: 5 minutes

INGREDIENTS:

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| 2 Mandarin oranges, peeled | 1 cup Cabot Vanilla Bean low-fat Greek yogurt |
| 1 medium banana, peeled | 1 medium banana, peeled |
| 1/2 cup raw spinach | 1/2 cup raw kale |
| 2 cups milk | 2 cups milk |

PREPARATION:

In a blender, combine Mandarin oranges, banana, spinach, milk, and vanilla yogurt. Blend on high until smooth and creamy. Serve immediately.



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