



From the kitchen of

THEDA  **CARE**[™]

Recipe:

Berry Surprise Smoothie



Preparation Time:
10 minutes



Ingredients:

1 banana

1 apple, cut up, (do not peel)

1 cup frozen mixed berries
(blueberries, strawberries,
raspberries, blackberries)

1 cup of fresh spinach

¼ cup orange juice

OPTIONAL: 2 tbsp. of plain
or flavored Greek yogurt

1-3 ice cubes

Directions:

Place the above in blender.
Blend on highest setting for
at least 1-2 minutes or until
ingredients are well liquefied.

