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.