

## *Lean Green Smoothie*

### **INGREDIENTS**

- 1 8-oz cup nonfat vanilla Greek yogurt
- 1 banana, sliced
- ½ cup ice (more or less depending on desired consistency)
- 1 cup spinach
- ¼ cup water or milk of choosing (soy, almond, fat-free, etc.)
- 1 teaspoon cinnamon (optional)
- 1 teaspoon chia or flax seeds (optional)

### **DIRECTIONS**

1. Put all ingredients into blender, and blend 1-2 minutes.
2. Add more ice and/or water to achieve desired consistency.

