

Little Pea's Green Smoothies

Makes 4 Servings

Ingredients:

- 1 cup chopped frozen pineapple
- 3 kiwi
- 1 banana
- 2 cups low-fat vanilla yogurt
- 1 cup apple cider, apple juice or milk
- 1/2 cup of kale & 2 BIG handfuls of spinach (the Secret Ingredients!)
- A handful of ice (optional)



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Steps:

- 1) Put the frozen pineapple in the blender.
- 2) Peel the banana and add to the blender.
- 3) Add yogurt and apple cider, juice or milk.
- 4) Add ice, if using.
- 5) Add the Secret Ingredients (kale & spinach).
- 6) Put the lid on the blender, and blend the smoothie until it turns green!

This recipe was developed through Eat Better, Feel Better, a school-based, community partnership that creates healthier school environments through healthy eating and active living (funded by SNAP - Supplemental Nutrition Assistance Program).