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)

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).