



While it may be cold outside...smoothies can be enjoyed year round! This delicious and nutritious smoothie can be part of a quick and healthy breakfast or enjoyed as a snack. What a yummy way to boost vegetable and fruit intakes!

**Featuring** vitamin C in berries, banana, and orange juice as well as lutein and zeaxanthin in kale or spinach. All are very good for your eyes!

### Ingredients

- 1/2 cup frozen berries
- 1 banana
- 1/2 cup vanilla (or plain) greek yogurt
- 1/4 cup kale or spinach
- 1/4 cup 100% orange juice

### Method

1. Add the above ingredients to a blender.
2. Ensure you've secured the top in place.
3. Blend on high until smooth.
4. Pour into a glass and enjoy!

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