MAKES: 3 servings (1 cup each)

INGREDIENTS
• 1 apple, cut into slices
• 1 banana
• 1 orange, peeled and cut into quarters
• 1 cup spinach
• 2/3 cup plain Greek yogurt
• 1 cup ice cubes
• 1/2 cup water

Making smoothies provides a great opportunity to use up produce that is starting to get overripe.
DIRECTIONS
Peel the banana and oranges. Then slice into quarters. Core the apple and slice into big chunks. Then add to the blender. Add about 1 cup (or a large handful) of spinach. Then add the yogurt, water, and ice cubes. Blend mixture, occasionally stirring if needed. Serve immediately or place in freezer for later!

Note: Some blenders may leave a pulpy smoothie. If you prefer to have a smoother texture, strain the smoothie through a fine mesh strainer into a bowl. Press down with a spoon to get all of the juices out. Then put the fruit and vegetable pulp back into the blender to blend it down a little more. Keep on working through the strainer until you get most of the juice out.