

## APPLE & BANANA SMOOTHIE

**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.

## APPLE & BANANA SMOOTHIE

**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.

## APPLE & BANANA SMOOTHIE

**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.

## APPLE & BANANA SMOOTHIE

**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.

The Food Group • [www.thefoodgroupmn.org](http://www.thefoodgroupmn.org)  
763.450.3860 • 8501 54th Ave N, New Hope, MN 55428



## 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.

The Food Group • [www.thefoodgroupmn.org](http://www.thefoodgroupmn.org)  
763.450.3860 • 8501 54th Ave N, New Hope, MN 55428



## 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.

The Food Group • [www.thefoodgroupmn.org](http://www.thefoodgroupmn.org)  
763.450.3860 • 8501 54th Ave N, New Hope, MN 55428



## 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.

The Food Group • [www.thefoodgroupmn.org](http://www.thefoodgroupmn.org)  
763.450.3860 • 8501 54th Ave N, New Hope, MN 55428

