



Cherry and Greens Smoothie

Ingredients :

- 1 c. frozen cherries (pitted)
- 1/2 frozen or fresh banana
- 1/2 c. milk of choice
- 1 container less sugar vanilla greek yogurt
- 1/2 avocado
- 1 c. fresh spinach or greens of choice

Directions :

1. Add all ingredients to a blender.
2. Blend until desired consistency.
3. Add extra water or milk for a thinner consistency.

*Can substitute any frozen berry for cherries

*Can add 1 T. flax seed or chia seeds for additional omega-3's