

Spinach-Banana-Pineapple Smoothie



Ingredients:

- 1 6 ounce bag baby spinach, raw
- 1 cup skim milk
- 1 cup water
- 3 cups pineapple, chopped
- 2 ripe bananas, sliced

Instructions:

1. Place spinach into a blender.
2. Add milk, pineapples, and bananas.
3. Blend for 1-2 minutes. Add water if the mixture seems too thick.

Makes 4 servings.



Tarrant County Public Health
<http://health.tarrantcounty.com>