

Breakfast Smoothie

Prep Time: 5 mins

Total Time: 5 minutes

Servings: 1-24oz smoothie

Ingredients

- 3/4 cup frozen mixed berries
- 1 med banana
- 1/3 cup yogurt
- 3/4 cup frozen California mixed vegetables
- 1/2 cup frozen baby spinach
- 1 1/4 cups fruit juice, approx.

Directions

Step 1: Place all ingredients in the order listed into a Ninja 24 oz. blender cup, or other blender.

Step 2: Blend until smooth, adding more juice if needed for desired consistency.

