



# FRUIT, VEGETABLE AND YOGURT SMOOTHIE

SERVES: 1

PREP TIME:  
10 MINUTES

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## INGREDIENTS:

½ cup vanilla Greek yogurt

1 1/2 bananas (you can use frozen instead of adding ice)

1 Tbsp peanut / almond butter. Alternate reduced fat peanut butter (2 Tbsp)

½ cup of water (or milk of choice)

1 cup crushed ice

Handful baby carrots

Options to add: carrots, strawberries or other berries, spinach, oranges

## DIRECTIONS:

1. Add all above ingredients into a blender.
2. Blend and enjoy!

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Recipe created by Dr. Angela Fals.