

Spinach Smoothie Recipe

Adapted from MORGAN MANAGES MOMMYHOOD

SPINACH
to WIN it!

Equipment Needed

- A blender
- Measuring cups
- Tasting cups

Ingredients

- 1 banana
- 1.5 cups liquid (e.g., oat milk, milk, juice, etc.)
- 1.5 cups frozen fruit (e.g., peaches, blueberries, strawberries, etc.)
- 3/4 cup frozen spinach or a couple handfuls of fresh spinach



Instructions

1. First things first! Everyone should wash their hands with soap and water.
2. Layer your blender with the fresh fruit and/or veggies, liquid, and frozen fruits or vegetables.
 - a. Break up these tasks and assign to different students:
 - i. Have one student peel the banana and add it to the blender.
 - ii. Have another student measure and add the fresh spinach (if using fresh).
 - iii. Have a couple of students measure and add the different liquids you choose.
 - iv. Have a student measure and add the frozen fruit.
 - v. Have a student measure and add the frozen spinach (if using).
3. Blend until smooth. (Have a student blend.)
4. Serve immediately. (Have another student pour into cups.)

Oat milk has less sugar than juice and is allergen friendly!



 **GEORGIA ORGANICS**

Recipe

🕒 5 min.

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