

GREEN SMOOTHIE

LET'S EAT HEALTHIER



Ingredients:

- 6 Strawberries
- 1 Banana
- Greek Yogurt (I use vanilla)
- 1 Heaping Tbsp Peanut butter
- 1 Large handful of Baby Spinach

Procedure:

- Cut up strawberries and slice banana - add to blender
- Add desired amount of greek yogurt
- Add Peanut Butter
- Tear up spinach and add
- Blend and Enjoy :-)

ENJOY THE HEALTHY FEELS
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