



# Berry Spinach Smoothies

## INGREDIENTS

FROZEN BERRY MIX: 1/2 cup

YOGURT (VANILLA OR PLAIN): 2 scoops

SPINACH: 1/2 cup (fresh or frozen)

AVOCADO: 1/2 avocado

LIQUID: 1/4 cup (water or milk (dairy, hemp, almond, rice, etc.))

**KIDS  
COOKING  
CLUB**





## KIDS COOKING CLUB



### INSTRUCTIONS

1. Add a small handful (about 1/2 cup) of frozen berry mix into a blender (raspberries, blueberries, blackberries, strawberries).
2. Add 2 scoops vanilla (or plain for less added sugar) yogurt.
3. Add 1/2 cup of spinach.
4. Add 1/2 of an avocado (frozen or fresh)
5. 1/4 cup water (you could use milk – dairy, hemp, almond, rice, etc.) – add more or less depending your preferred thickness.