

Sweet Greens Smoothie

Yield: 4 cups

Ingredients

- 3 cups packed fresh spinach, kale, or other greens
- 1 banana, peeled and halved
- 1 orange, peeled and quartered
- 1 cup halved hulled strawberries
- ¼ cup vanilla soy or coconut yogurt
- 3 dates
- ½ cup orange juice
- 2 cups ice



Directions

- 1) In a blender, puree all ingredients until smooth. Serve chilled.