

Strawberry Green Smoothie

A delicious and healthy strawberry smoothie with spinach!

Yield: 2 servings

Ingredients:

1 cup milk

1 large handful of fresh spinach leaves (about 3oz.)

1 tablespoon sugar or xylitol (optional)*

1 small banana (optional)**

6-8 frozen strawberries

Whipped cream, for serving (optional)

Instructions:

1. Whirl milk, spinach, and sweetener in blender on high until foamy and green.
2. Add banana if using; whirl until smooth.
3. Turn blender on high and add frozen strawberries, one at a time, until smoothie reaches desired thickness.
4. Pour smoothies into glasses. For a luxurious treat, add a dollop of whipped cream and stir before serving!



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This recipe is from Tammy's Recipes.