

## Green Smoothie

Recipe from Tilth Alliance

Makes 12 ounces

### Ingredients

1 banana

1/2 cup milk of choice (dairy or dairy-free)

1 cup frozen fruit (such as mango, pineapple, kiwi, papaya, guava)

1/2 cup spinach or leafy green of choice

1/2 avocado (optional)

1/4 cup yogurt (optional)

Optional flavor boosters: ginger, mint, basil, lime, or lemon



Photo credit: Vitamix website

### Instructions

In a blender, combine all ingredients, blend until smooth and no lumps are left. Add more milk or water if needed for desired thickness and consistency.

### Note:

- To make the recipe dairy free, use dairy-free milk and yogurt alternatives.
- Avocado and yogurt are optional additions but add a creamier texture to the smoothie.
- Green smoothies are most vibrant in color when greens are added to yellow and orange fruits that have high acidity.