



## **SUPER SPORTY BERRY SMOOTHY**

### **2 Servings (Adult supervision required)**

This is a great drink to boost your energy, it also makes a great breakfast alternative or simply enjoy as a refreshing drink!

- 1 Cup spinach
- 1 Cup frozen mixed berry fruit
- 1 Banana
- 1 Cup milk
- 2 Tbspn oats
- 1 Tbspn sugar or honey

You will need either a blender or smoothie maker for this recipe.

1. Place all your ingredients in the blender/smoothie maker.
2. Press blend until all the ingredients are blended well.
3. Carefully pour the smoothie into the cups.
4. If you like you can add a little cream on top for decoration.
5. Enjoy!