



Eat a Rainbow! Smoothie

Ingredients

- 1 cup **strawberries** (frozen or fresh)
- 1 cup **carrot juice** (orange juice works too!)
- 1/2 **banana** (or 1 whole banana if you LOVE banana)
- 1/2 cup **leafy greens** like spinach or kale, torn
- 1 cup **blueberries** (frozen or fresh)
- 1 cup vanilla yogurt

Directions

Add all of your ingredients to a blender or food processor and blend until smooth.

Try This!

Get creative and and incorporate your favorite fruits and veggies by coming up with your own recipe for a colorful rainbow smoothie.