

Spinach Banana Berry Smoothies

Prep time: 5 minutes

Cooking time: 0 minutes

Yields: 2 servings

Ingredients:

2 cup frozen mixed berries

2 cup almond milk

2 cup fresh spinach

2 banana

2 tablespoon maple syrup

Directions:

Combine all ingredients in a blender and blend until smooth.

Chef Mat Shalenko

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