

Green Smoothie Goodness

1 frozen sliced banana (I cut up a banana and placed it on parchment paper on top of a cookie sheet to freeze.)

1 Tablespoon peanut butter

1 teaspoon honey (You can omit this, but I think it helps hide the spinach a little more. Maybe it's just me...)

1/2 cup vanilla yogurt (greek, light, or regular yogurt)

1 cup milk (any kind)

3 big handfuls of baby spinach

Combine all ingredients in a blender and blend until smooth.

Nutritional stats:

370 calories, 10g fiber, 21g protein