Berry Banana Smoothie

Ingredients:

1 cup spinach leaves
1/2 cup frozen blueberries
1/2 cup frozen raspberries (or just 1 cup mixed berries)
1 ripe banana
1/2 cup milk
2 tablespoons old fashioned oats (optional)
1 tablespoon honey, or more, to taste (optional)

Preparation:

1. Place milk in blender first
2. Add banana, berries, oats, honey and 1 cup ice in that order
3. Blend until smooth
4. Serve immediately