BERRY BANANA SMOOTHIE

Start the morning right with energy-boosting berries and veggies, combined into one sweet beverage. Customize with your favorite berries, sweeten as you like, and have breakfast ready in snap.

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

1. Place milk in blender first.
2. Add bananas, berries, oats, and honey in the blender.
3. Top with 1 cup ice.
4. Blend until smooth.
5. Serve immediately.

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