

ONLINE AT THE Y

Learn, create, do something new by learning with the Y from your home

Cooking at the Y - Green Smoothies

Recommended for ALL ages

Resources/Ingredients:

- 1 cup fresh spinach
- 1 orange (peeled)
- $\frac{1}{4}$ cup water
- $\frac{1}{2}$ cup strawberries (frozen)
- $\frac{1}{2}$ cup blueberries (frozen)
- 1 banana

Instructions:

1. Blend spinach, orange and water until smooth.
2. Add remaining fruits and blend again until smooth

