



Georgia Growing Fit Wellness Policies for Early Care Settings

CONFETTI SMOOTHIE RECIPE

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INGREDIENTS

- 4 cups washed baby spinach
- 1 large banana, peeled
- 2/3 cup chopped pineapple
- 1 cup frozen berries
- 1 cup vanilla yogurt (low fat)
- 1 cup almond/soymilk
(can substitute regular milk or cold water if nut allergy)
- 1 cup ice cubes

Makes sixteen 3 ounce portions

DIRECTIONS

1. In a blender, combine spinach, banana, and strawberries/blueberries. Blend until fruit is pureed.
2. Add in yogurt, milk and ice. Blend to desired consistency. If thin, add more milk, yogurt or water.
3. Pour into glasses and serve.