CONFETTI SMOOTHIE RECIPE
Georgia Growing Fit Wellness Policies for Early Care Settings

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.