

SPINACH, MINT AND BERRY SMOOTHIE

Ingredients

1-2 Leaves of Spinach
Handful of Mint Leaves
1 Cup Milk
½ Cup Yoghurt
1 Tbsp Honey
½ Cup Berries



Equipment

Blender
Large Bowl
Bowl for scraps
Chopping Board
Measuring Cup and ½ Cup
Tablespoon
Paper Cups



Method

Tear Spinach leaves into small pieces and add to large bowl, discard stalks
Tear Mint leaves into small pieces and add to bowl, discard stalks
Pour milk into bowl and blend with mint and spinach until smooth
Add Yoghurt, Berries and Honey
Blend until smooth
Pour into cups
Enjoy!

