



Leprechaun Shamrock Smoothie

PREP TIME

10 min

COOK TIME

30 min

TOTAL TIME

40 min

SERVINGS

4

COST

\$

COURSE

Entree

INGREDIENTS

- 1 frozen banana
- 1 cup frozen pineapple
- ½ cup frozen mango
- 2 cups fresh spinach
- ½ cup vanilla greek yogurt
- 1 Tbsp ground flaxseed (optional)
- 1/2-1 cup limeade or orange juice
- 1 cup milk of your choice
- honey, to taste

INSTRUCTIONS

1. Combine all ingredients together in a blender and blend until smooth. Add more/less milk or more juice depending on your desired consistency
2. Best if enjoyed immediately after making

COOKING WITH KIDS!



Follow these tips for ideas on how to include your kids while making this recipe

Your kids can help add ingredients to the blender and help push the button to start the blender!

