

Leprechaun Shamrock Smoothie

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

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Utah State University Extension

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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

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



Kids!

Cooking with