Ingredients

- 1 cup frozen blueberries
- 1 cup spinach or kale leaves
- 1 ripe banana
- ½ cup non-fat, plain Greek yogurt
- ½-1 cup low-fat milk (1% or 2%)
- 3-4 ice cubes (optional)

Directions

1. Measure and add all ingredients to a single bowl, pitcher or container.
2. Puree until smooth using hand-blender.
3. Use more milk if you prefer a thinner consistency.
4. Serve immediately for best color and taste.