

## *Strawberry Banana Smoothie*

2 cups strawberries, sliced

1 banana, sliced

1 1/2 cups milk of choice

1 cup plain Greek yogurt

Put fruit in a freezer bag. Seal and store in freezer for up to 8 -12 months.

When ready to use, put milk, Greek yogurt, and frozen fruit into a blender and mix until consistency is smooth.

## *Kiwi, Banana & Spinach Smoothie*

3 kiwis, cubed

1 banana, sliced

2 cups spinach

1 cup milk of choice

1 cup plain Greek yogurt

Put fruit in a freezer bag. Seal and store in freezer for up to 8-12 months.

When ready to use, put milk and spinach into blender. Blend until spinach is fully incorporated. Add Greek yogurt and frozen fruit; mix until consistency is smooth.

## *Pineapple, Orange & Mango Smoothie*

1 cup pineapple, cubed

1 orange, sliced

1 mango, cubed

1 1/2 cups milk of choice

1 cup plain Greek yogurt

Put fruit in a freezer bag. Seal and store in freezer for up to 3 months.

When ready to use, put milk, Greek yogurt, and frozen fruit into a blender and mix until consistency is smooth.