



# GREEN GODDESS SMOOTHIES

These smoothies are packed with good-for-you spinach and avocado and make for a very tasty, easy breakfast.

*Serves: 2*

## INGREDIENTS

- 750ml (3 cups) baby spinach leaves
- Half an avocado
- 100g (1 cup) frozen bananas
- 250ml (1 cup) milk
- 15ml (1 tbsp) almonds
- 15ml (1 tbsp) honey
- 250ml (1 cup) NutriDay Plain Yoghurt
- Blueberries, to serve [optional]

## METHOD

1. Add all the ingredients to a blender.
2. Blend until smooth.
3. Pour into glasses and top with blueberries.
4. Serve immediately.