

Active Smoothie



Ingredients:

- 1 cup low-fat or fat-free milk
- 1 cup spinach
- 1 whole orange, peeled and seeds removed
- 1 cup frozen mixed berries (strawberry, raspberry, blueberries)
- Optional: 2 tablespoons flaxseed or chia seeds

Directions:

1. Blend all ingredients to desired consistency.
2. Serve chilled.

Makes 2 Servings



Tarrant County Public Health
<http://health.tarrantcounty.com>