

Bluey Smoothie

Ingredients

- 2 cups frozen unsweetened peach slices
- 2 cups fresh spinach
- 1 cup frozen unsweetened blueberries
- 1 cup milk
- 1 teaspoon honey

Instructions

- In a food processor or blender, process all the ingredients until smooth, about 1 to 2 minutes, stopping to scrape down the mixture if necessary.



From: American Heart Association