



TAKOMA PARK MIDDLE SCHOOL ETHIO SPRIS

4 servings

INGREDIENTS

2 packed cups baby spinach
1 cup vanilla yogurt, such as Oikos
Zero brand
2 cups frozen-fruit blend, with
mango and berries
2 bananas, cut into chunks
½ cup to 1 cup water

PREPARATION

Combine the spinach and ½ cup of the yogurt in a blender; puree until smooth. Scrape out and divide among 4 individual cups.

In the empty blender, combine the remaining ½ cup yogurt, the frozen fruit blend, bananas, and ½ cup of the water. Puree until well blended, adding some or all the remaining water, as needed. Divide among the cups, layering the fruit-yogurt puree on top of the spinach-yogurt puree. Serve chilled.

