**Banana Split Smoothie**



***Ingredients:***

* 1 frozen banana
* 2 cups frozen strawberries
* 3/4 cup plain Greek yogurt
* 1 cup low-fat chocolate milk

**Berry Blast Smoothie**



***Ingredients:***

* 2 cups loosely packed baby spinach (about two handfuls)
* 2 cups frozen mixed berries (I used strawberries, raspberries, blackberries, cherries and blueberries)
* 1 cup plain Greek yogurt
* 1 cup low-fat milk (soy, almond or coconut milk will work too)
* 1 tablespoon honey