



# Shamrocks & Gold Smoothie

TASTY  
AND  
DELICIOUS

## Ingredients



- 2/3 cup 100% apple juice
- 1/2 cup fresh baby spinach
- 2 cups frozen pineapple chunks,  
no sugar added
- 1 cup low-fat vanilla yogurt
- 1 banana

## Directions

1. Add apple juice and spinach leaves to blender. Blend first to help make it smooth and avoid leafy chunks.
2. Place remaining ingredients in the blender.
3. Blend until smooth and serve.



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