



## Kids Can Cook

### Green Morning Smoothie

Celebrate St. Patrick's Day with this delicious and healthy green smoothie!

#### What you need:

- 2 cups milk or non dairy beverage
- 1/2 cup whole oats
- 1 1/4 cups fresh or frozen peaches or mango cubes
- 1 cup ice cubes
- 1 cup baby spinach, loosely packed
- 1 tbsps honey
- 1 tsp vanilla extract
- 2 bananas



#### What to do:

1. Place milk and oats in blender for 15 seconds on high.
2. Add peaches, ice, spinach, honey, vanilla and bananas and blend until very smooth, about 45 seconds.
3. Divide into cups and serve!

Source: <https://bit.ly/3bGplEr>