

Spinach Fruit Smoothie

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Kids will love the brilliant green colour of this fruity smoothie! They won't be able to taste the spinach, but you'll know it's in there. Serve it up for breakfast.

Ingredients:

1 banana, chopped
1 apple, peeled, cored and chopped
50g spinach leaves
150g green grapes
100g vanilla yoghurt
100ml milk

Directions:

1. Place all ingredients into a blender and blitz until smooth. Serve in tall glasses.

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