



## Double Green Smoothie

### SERVES 2

Try this surprise smoothie for an on-the-go breakfast that's packed with the nutrients of hearty greens but tastes like a perfect blend of fruit.

- 1 1/2 cups unsweetened non-dairy beverage, such as almond, rice or soy
- 2 dried apricots or 4 pitted dates
- 1 banana
- 2 cups leafy greens, such as baby spinach, collard leaves or chopped kale leaves
- 1/2 cup fresh or frozen berries

Combine non-dairy beverage, apricots, banana, kale, spinach and berries in a blender and blend well until smooth.



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