

rainbow smoothie

Ingredients

16 Tbsp. Frozen Greek Yogurt
1/4 cup Almond Milk, whole milk, coconut, etc.
2 Tbsp. Honey
2 strawberries
1 banana
1 kiwi (and optional 6-8 spinach leaves)
1/4 cup blueberries
1 peach or 1/2 cup cantaloupe

Directions

Freeze Greek yogurt the night before in an ice cube tray, each cube equals 2 Tbsp.
In blender combine 8 cubes of frozen yogurt, honey, and almond milk just until smooth, remove from blender.
Add a little more than 2 Tbsp. back in with each fruit as follows-

- Blueberries
- Kiwi and Spinach
- Banana
- Peach or Cantaloupe
- Strawberries

Blend each fruit and 2 Tbsp. yogurt separately until smooth.
To layer in your glass, spoon it in carefully. Pouring from the blender will cause them to blend.
Add a straw and a slice of fresh fruit, enjoy!

