

Raspberry-Spinach Twist Smoothie

- **SERVINGS:** 3-5 cups

INGREDIENTS

- 1 cup (250 mL) milk
- 1 cup (250 mL) raspberry yogurt
- 1 cup (250 mL) spinach, raw
- 1 ½ cups (375 mL) raspberries, fresh or frozen
- 2 tablespoons (30 mL) ground flax seeds
- ½ teaspoon (2.5 mL) vanilla extract

DIRECTIONS

In a blender, puree all the ingredients. Serve immediately.

Recipe – Provided by Dairy Farmers of Canada www.dairygoodness.ca