

# Recipe for: VEGETABLE & FRUIT RAINBOW SMOOTHIE

*Serves 10-20 students a sample size portion or 2-3 full portions*

## INGREDIENTS

- 4-5 medium strawberries (or blackberries or raspberries)
- 1/2 of an orange, peeled
- 1/2 of a medium yellow squash (or carrot, cucumber, zucchini)
- 2 handfuls of greens (try spinach, kale, collards, or chard)
- 1 cup of ice
- 1/3 cup milk or water (both dairy or non dairy milk will work)
- 1/3 cup plain Greek yogurt (optional for added thickness)

\*You can sub any of the above ingredients based on season and availability. Just make sure it's colorful!

## DIRECTIONS

1. Put all ingredients in a blender and pulse 5-7 times.
2. Scrape down the sides and let blender run until all ingredients are combined and mixture is smooth.
3. Pour rainbow smoothie in a cup and enjoy!



— SCHOOLYARD GARDENS —