

## **Sarah's Newbie Smoothie**

1 cup of water, milk or milk substitute

¾ Cup Greek yogurt

Honey to taste (start with a teaspoon)

1 teaspoon of cinnamon

One frozen banana (if you don't have a high powered blender, slice into coins before freezing for easier blending)

1 cup of fresh or frozen berries

A good handful of spinach (it will turn your smoothie green, but it just adds sweetness, not a strong veggie taste)