

# STAY COOL & NOURISHED WITH THESE Strawberry Spinach Smoothie Pops

## YOU WILL NEED

6 ounces plain Greek yogurt  
splash of vanilla extract  
1 cup unsweetened fruit  
1/4 to 1/2 cup Fairlife skim milk  
1/2 cup coconut water  
1 tablespoon nut butter  
2 tablespoons flax seed  
1 cup fresh spinach  
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## PROCEDURE

Place all ingredients in a blender and puree until smooth & combined. Pour into popsicle molds or paper cups. Freeze for about 10-15 minutes (insert popsicle sticks at this point if haven't already done so). Continue freezing until firm and cold.



## TOP TIP

Use a variety of fruits to switch out flavors and nutrients all summer long! Don't feel bad if this is a meal rather than a dessert or snack!