

## Sweet Potato-Banana Green Smoothie

- 1/2 cup cooked and cooled sweet potato, mashed

(very good source of vitamin A and vitamin C and a good source of vitamin B6)

- 1 medium banana, peeled

(very good source of vitamin B6; good source of vitamin C)

- 2 cups fresh baby spinach

(very good source of vitamin A, vitamin C, and vitamin B6; good source of zinc)

- Dash of all-spice
- 4 ounces milk (can be Fortified Skim Milk, Soy Milk, Almond Milk, etc.)

(a good source of vitamin A when fortified)

- 1 TBSP Flaxseed Oil

(Polyphenols, Omega-3 fatty acids)

- 1 TBSP Lowfat, Plain Yogurt with Live and Active Cultures

(Probiotics)

Combine ingredients in blender. Add ice as needed for coldness and to reduce thickness.