

# Reckless In The Kitchen

## **Green Monster Smoothies**

Ingredients:

- 1 ½ -2 c baby spinach
- ½ c liquid (milk, soy milk, almond milk, coconut water, etc.)
- ½ c frozen blueberries (or fruit of your choice)
- ½ frozen banana (see tips below)

Directions:

First, combine half of the liquid and the spinach in a blender. Blend until you have a smooth green liquid with no large bits of green in it.

Next add frozen blueberries, banana and remaining liquid. Blend until smooth. Add more liquid if needed or if a thinner texture is desired.

## **A Few Green Monster Tips:**

Storing fruit in the long-term:

- I buy a bunch of bananas at a time and let them get very ripe and full of brown spots (so they taste sweeter) and then cut them up into 1/2 in slices. I lay them out flat (and not touching) on a tray that has been lightly sprayed with cooking spray and freeze. Once they are frozen solid I put them in a bag for easy storage.
- I recommend the same treatment for any fresh fruit you would like to use; break it down into small pieces, freeze, and then store in bags for easy access. Freezing the fruit in a tray first makes it easy to grab small portions from the freezer.

Storing greens in the fridge:

- I keep my greens stored in a mason jar (or any glass jar with a top that screws on/off), and I find this prolongs the shelf life of my greens.