

YAKULT GREEN GOODNESS SMOOTHIE

Ingredients

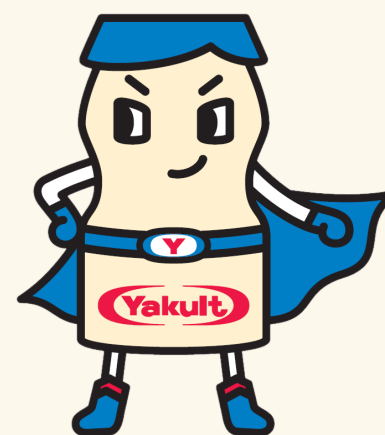
- 1 ripe banana
- 1 bottle Yakult Original/LIGHT
- 1 tbsp ground LSA mix (optional)
- 1/2 cup milk of choice
- 2 handfuls of spinach
- Ice (optional)

Instructions

Place all ingredients into a blender.

Blend until mixture is smooth and there are no lumps. Pour into a glass.

Enjoy!



RECIPE