



CANADA AGRICULTURE
AND FOOD MUSEUM
MUSÉE DE L'AGRICULTURE
ET DE L'ALIMENTATION
DU CANADA

A FASCINATING WORLD
UN MONDE FASCINANT



"Green Goblin" (aka Green Grasshopper) Smoothie

Ingredients

2 cups (500 ml) orange juice
2 cups (500 ml) spinach
1 banana (frozen)
6 large strawberries
1 cup (250 ml) vanilla yogurt
2 Tbsp (30 ml) honey
1 cup (350 ml) ice cubes (optional)

Preparation

Combine all of the ingredients into your blender. Blend on full strength until well blended and smooth. Serve in a glass with a straw and enjoy!