

CHRISTINA'S SEASONAL RECIPE: GO GREEN SMOOTHIE

St. Patrick's Day means making green your chosen colour all month long, even when it comes to your food. This smoothie recipe is not only green, but is full of protein, fibre, and energy for your day. It can be used for on-the-go meals or breakfast! This easy recipe takes less than 10 minutes and all you need are your ingredients and a blender.

Ingredients:

- 1/4 cup Canadian ricotta
- 1 cup milk
- 1 tbsp honey
- 1 banana
- 2 cups frozen peaches or mangoes
- 1 cup spinach
- 1 tbsp ground flaxseed
- 2 tbsp almond butter

Instructions:

1. Add all ingredients to a blender and blend until smooth.
2. Pour into glasses and serve. Leftovers can be stored in the fridge up to 3 days.

Find recipe at:

<https://dairyfarmersofcanada.ca/en/canadian-goodness/recipes/go-green-smoothie>



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