

## *Franken Berry Shake for One*



### **Ingredients**

- 1/2 Banana – Sliced into 2-Inch Sections
- 1 Scoop of Sunshine in a Bag Vanilla Shake Mix
- 1/3 cup Yogurt – Greek Style that is Thick, Non-Flavored
- 10 each Large Green Grapes
- 1/2 cup Fresh Pineapple (Frozen or Canned can be used too.)
- 1 cup Fresh Spinach
- 1/2 - 3/4 cup Ice Cubes (If Needed, see Note below.)
- 1 cup your favorite type of milk (regular milk, almond milk, rice milk, etc.)

**Note:** You can use either Frozen or Fresh fruits or vegetables. If using Frozen, you do not need Ice. If using Fresh, you do need the ice.

### **Instruction**

1. Put all the ingredients in order – Place the banana on the bottom, then Sunshine in a Bag Vanilla Shake Mix, grapes, fresh pineapple, yogurt, frozen fruit, and fresh fruit are on top. Add the milk last. (By having the banana on the bottom, the beater blades cut it up and mix the soft ingredients faster in the blender. Then the frozen and more solid items mix down with the soft ingredients.)
2. Start the blender on a lower speed for a few seconds, about 15 seconds. Then turn the speed to high and mix until everything is smooth, about another 15 seconds. If you have a modern blender, just use the Smoothie function.
3. If the shake is too thick, then just add a little more milk. It is your shake, make it to the consistency that you enjoy.
4. Pour into your favorite glass and enjoy.