**OOEY GOOEY MUDDY SMOOTHIE**

**Ingredients:**

2 cups spinach

2 cups frozen strawberries

1 banana

2 Tbsp. honey

½ c. ice

¼ c. water (if needed)

**Directions:**

1. Combine all ingredients in a blender. Add water for preferred consistency. Blend until smooth.
2. Serve immediately

Serves 4

**Instructions for Foods 2 Cooking Lab:**

1. Make one batch and then make another batch. You will double the recipe, but it needs to be made one batch at a time. The blender cannot handle a doubled recipe at once.
2. Serve a small amount to each student in a paper cup.