

Cooking with Calista

Calista makes healthy food choices.

She LOVES Spinach and will choose it over a hamburger or French fries.

Try this delicious and nutritious Spinach and Blueberry Smoothie recipe:

- 1 banana
- 4 -5 ice cubes
- 1/2 cup fresh blueberries
- 1/4 cup juice or plant-based milk
- 1 cup fresh spinach

ENJOY!!!

Share your spinach recipes with us.

Email Pittypawfessors@gmail.com

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