

Recipe

Best Green Smoothie Recipe



- **Milk:** For a creamy smoothie, use cashew milk, oat milk, or almond milk but feel free to use whichever dairy or dairy-free milk you prefer!
- **Vegetables:** Spinach is such an easy leafy green superfood to incorporate into green smoothies. Plus, those big containers of baby spinach are very budget friendly.
- **Fruits:** You'll need an apple, avocado, and banana.

Add all the ingredients to a high-powered blender and blend until it's perfectly smooth and creamy. This should only take about 30 seconds!

For more Healthy Recipes, please use the link below from the American Heart Association



<https://www.heart.org>

Save the Date



Upcoming Events

TAKING OFF POUNDS SENSIBLY

We have two sessions you can join:

Mondays @ 6:30 pm & Thursdays @ 12:30 pm



TAKING OFF POUNDS SENSIBLY

REAL PEOPLE. REAL WEIGHT LOSS.

TRY FOR FREE

- Join us for a **new chapter** meeting!
- Discover the proven weight-loss method.
- Experience group support, wellness education, and more!



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Baltimore County Department of Health
A county where people lead healthy, safe, productive lives
Gregory W. Branch, M.D., MHA, CPE, FACD—Director, Health and Human Services
Baltimore County Executive Johnny Olszewski and the Baltimore County Council

Informational Session
March 2, 2023
Thursday, 12:30-1:30pm

Morning Star Baptist Church
1512 Woodlawn Drive
Gwynn Oak, MD 21207

REV 2-2-2023

H.E.A.L.T.H. Ministry
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Fitness & Nutrition Ministry
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Divorce Care/ DC4K
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Grief Ministry
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