

Quick & Easy

THE COSTCO WAY

Berry, Banana and Spinach Protein Smoothie

Makes 2 to 3 servings

Ingredients:

1 cup Taylor Farms spinach
1 cup Kirkland Signature almond milk
1 Tbsp chia seeds
½ cup Kirkland Signature Greek yogurt
2 cups Sweet Karoline® blackberries
1 Del Monte banana
1 cup Alpine Fresh® raspberries
1 Tbsp honey
2 scoops Orgain Chocolate Protein Powder
Ice

Instructions:

In a blender, combine spinach, almond milk, chia seeds, yogurt, blackberries, banana, raspberries, honey, protein powder and ice. Blend until smooth.

For more recipe ideas, go to [Costco.com](https://www.costco.com) and search: **Quick & Easy**



Quick & Easy

THE COSTCO WAY

Grape, Spinach and Banana Protein Smoothie

Makes 2 servings

Ingredients:

1 cup Taylor Farms spinach
1 cup Kirkland Signature almond milk
½ cup Kirkland Signature Greek yogurt
1 Tbsp lemon juice
3 cups Four Star grapes, frozen and 4 to 6 fresh grapes for garnish
½ cup pineapple, chopped
1 Del Monte banana
2 scoops Orgain Vanilla Protein Powder
Ice

Instructions:

In a blender combine spinach, almond milk, yogurt, lemon juice, grapes, pineapple, banana, protein powder and ice. Blend until smooth.

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