

Recipe Card



Blueberry Spinach Smoothie

Adapted from Judy Simon, MS, RDN at Mind Body Nutrition, PLLC

Prep time: 5 minutes

Total time: 8 minutes

Servings: 2

Ingredients:

2/3 cup plain Greek Yogurt

1 ripe banana

2 cup frozen berries

1 cup spinach leaves

1 tablespoon chia seeds

3/4 cup milk, non-dairy plant milk, or coconut water (I used almond milk)

Optional: 1 tablespoon honey

Directions:

1. Add all of the ingredients to a blender, cover with the lid, and blend until smooth.
2. Add more milk if needed to reach the desired consistency and taste for sweetness.

<http://www.healthiestbest.com/quick-and-healthy-meals>