



Recipe: Green smoothie



INGREDIENTS

- 1 cup kale or spinach
- 1 banana, medium
- 1 cup low-fat milk (or optional coconut milk or almond milk)
- 1 cup plain yogurt
- 1 apple, medium (cored and sliced)
- 1 cup frozen fruit (all one fruit or a combination of mixed frozen fruits)
- 1 tablespoon flax seeds (optional)
- 1 tablespoon chia seeds (optional)

DIRECTIONS

1. In a blender, blend the kale or spinach and the liquid of your choice.
2. Add in the rest of the ingredients, blending after each item.
3. Serve and enjoy, cold.
4. Reserve the leftover smoothie in the refrigerator to drink later in the day or the next day.

Nutrition information: 299 calories, 4g total fat, 2g saturated fat, 156 mg sodium, 56 g carbohydrates, 7g fiber, 13 g protein