

Superfood Smoothie

This Recipe Serves 2

Ingredients

1 cup original Almond milk
1 cup frozen blueberries
2 cups baby spinach
1 banana

Instructions

1. Combine all ingredients in a blender and puree until smooth and thick.

Blueberries, spinach, and almond milk make this a Superfood Smoothie and a great way to start your day! Superfoods provide key nutrients that are lacking in the typical western diet.

Prep Time: 5 minutes

Nutritional Facts

Serving Size: about 1 cup

- Calories 125
- Carbohydrate 26 g
- Protein 3 g
- Fat 2.0 g
- Saturated Fat 0.1 g
- Sugar 14 g
- Dietary Fiber 5 g
- Cholesterol 0 mg
- Sodium 135 mg
- Potassium 670 mg