

Easy Green Machine Smoothie

Why we love this smoothie: This smoothie is packed with protein and fiber to help you feel fuller longer. The probiotics in yogurt and the prebiotics in the fruits and vegetables help your body and gut function better. Because a healthier balance of gut bacteria may help you maintain a healthy weight, reduce inflammation, and have a healthier metabolism.

Its also packed full of antioxidants and phytonutrients that help support immune, eye, brain and bone health, while helping prevent heart disease and cancer down the road.



Also, it takes less than 5 minutes to make, can be taken on the go, can be added to a meal or consumed as a small meal or snack.

Ingredients:

- 1-2 handfuls of spinach (about 7 calories)
- ¾-1 cup nonfat plain Greek yogurt (about 100 calories)
- 1 banana (about 105 calories)
- 1/2 cup **frozen** or **unfrozen** strawberries (about 25 calories) or any other fruit

Instructions:

1. **Add Ingredients in this order:** In a blender, put the ¾-1 cup of Greek yogurt, peeled banana, spinach, and about 1/2 cup of strawberries (or any other fruit).
2. **Add a splash of water** – enough to help blend
3. **Blend It Up:** Put the lid on the blender and blend until smooth
 - Use low-medium setting. Blend for longer to remove any lumps.
4. **Pour and Enjoy:** Pour the smoothie into a glass and enjoy!

Tips:

- **Drink with a large diameter reusable straw**
- Adding ice dilutes the flavor, but if you want it colder, add 2-3 cubes of ice before blending!
- Any frozen items should be added last to make it easier to blend
- If it is **winter** and don't want something cold – **try it without the frozen fruit** and add cinnamon instead of frozen strawberries.
- **If not blending well, add another splash of water.** The more water you add, the thinner the smoothie will be and the more hydrating 😊
- **You do not need to add any juice, honey, or sugar.** The banana adds the sweetness. The riper the banana (more yellow/brown) – the sweeter it will be.

Fun things to try:

- **Any frozen fruit can be used** – which means you can keep the blueberries, strawberries, mangos or other fruit that tends to go bad frozen until ready to use.
- **Banana + Greek yogurt (no ice) is a great base** for any smoothie: Add **kale** or **spinach** or **peanut butter** or **cinnamon** or any fruit
- Freeze your smoothie in popsicle molds to have home made (no sugar added) **popsicles**.

Nutrition Information (per serving)

- **Servings of:**
 - Protein: 1
 - Fruit: 1.5
 - Vegetables: 1

- **Calories: 237**
 - **Protein: 20g**
 - **Carbohydrates: 36g**
 - **Sugars: 22g**
 - **Added sugars: 0g**
 - **Fiber: 5g**
 - **Fat: 2g**
 - **Vitamin A: 40% DV**
 - **Vitamin C: 80% DV**
 - **Calcium: 15% DV**
 - **Iron: 8% DV**