

Leafy Greens Four Ways

Spring 2016

Blueberry Banana Green Smoothie

Total time: 5 minutes

Yield: 2 servings

Ingredients:

- 1 cup blueberries, frozen
- 1 banana, frozen
- 1 cup low fat plain Greek yogurt
- 1 cup Romaine lettuce (or spinach)
- 1 cup steeped green tea, cold
- ½ avocado
- 1 medjool date or 1 teaspoon honey (optional)



Directions:

1. Combine all ingredients in a blender and blend until smooth and creamy.
2. Pour into glasses and enjoy.

Notes:

- Using frozen blueberries and bananas replaces ice in this recipe. If you prefer to use fresh blueberries and/or banana, add ½ to 1 cup ice.
- While it is helpful to have a high speed blender like a VitaMix, Ninja, or Nutribullet for green smoothies, it is not necessary. You can make green smoothies in your kitchen with the blender you already own.
- Make this smoothie your own by modifying it however you'd like with your favorite ingredients. For example, to make this smoothie non-dairy or vegan, simply replace the Greek yogurt with one serving of plant-based protein powder or 2 tablespoons hemp seeds and 1 tablespoon chia seeds and add more green tea or water and/or ice until you are satisfied with the consistency.

Nutrition Information:

Recipe serves 2. Per serving: 292 calories, 10g total fat, 2g saturated fat, 3mg cholesterol, 63mg sodium, 573mg potassium, 40g total carbohydrates, 24g sugars, 7g fiber, 15g protein, 6% DV Vitamin A, 38% Vitamin C, 36% DV calcium, 13% iron.

