



Simple Green Smoothie

Total Time: 5 minutes

Yield: 2 servings

Ingredients:

- 1 cup spinach
- 1 cup water
- ½ cup pineapple, frozen
- ½ cup mango, frozen
- 1 banana, fresh or frozen
- 1 tablespoon chia seeds
- 1 tablespoon almond butter

Directions:

1. Tightly pack spinach or other leafy greens in a measuring cup and then put into blender.
2. Add water and blend together until all leafy greens are smooth and creamy.
3. Add fruit, chia seeds, and almond butter then blend again until smooth. Add more water if needed to thin.
4. Pour into your favorite glass and enjoy.

Notes:

- This is a very simple smoothie that can be made many different ways.
- Try using frozen berries instead of tropical fruits to lower the sugar content.
- Greek yogurt is also a great addition to this smoothie to increase protein at breakfast or as a post-workout snack.

Nutrition Facts		Amount	% Daily Value*	Amount	% Daily Value*
Amount per	310 g	Total Fat 8.4g	13%	Total Carbohydrates 33g	11%
1 serving (10.9 oz)		Saturated 4g	20%	Dietary Fiber 6g	22%
Calories 203		Trans Fat 0.2g		Sugars 22g	
From fat 73		Cholesterol 15mg	5%	Protein 3g	6%
<i>HappyForks.com</i>		Sodium 63mg	3%	Vitamin A 42% • Vitamin C 51%	
		Calcium 9% • Iron 8%			

* Percent Daily Values are based on 2000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.