

# PERFECT HEALTHY SMOOTHIE

No time to cook a breakfast? No problem! This delicious smoothie can be prepared the night before and refrigerated overnight for an easy grab-n-go in the morning. If plan to prepare before work, I suggest having your fruit cut beforehand so you can just toss ingredients into blender and go!

## INGREDIENTS:

- 1 small banana (or 1/2 large)
- 1/2 cup sliced strawberries, blueberries or chopped mangoes
- 1/4 cup plain Greek yogurt\*
- 1 Tablespoon nut butter
- 1 cup baby spinach
- 1/2 cup milk\*\*

Optional: 1 Tablespoon chia or flax seed

## DIRECTIONS:

1. Blend all ingredients in blender or food processor.
2. Blend until smooth.

\*May use non-fat, 1% or 2% Greek yogurt. (Choosing higher % fat will result in more calories)

\*\*May use skim, 1%, 2% milk. May also use unsweetened almond milk or soy milk as alternatives to cow's milk. (Choosing higher % fat will result in more calories)

Note: if too thick, add more milk or water to thin.

**Nutrition Information:** Calories: 305, Fat: 8 grams, Saturated fat: 2 grams, Sodium 230mg, Carbohydrates: 36, Fiber: 5 grams, Sugars: 22 (natural), Protein: 25 grams