



Spinach-Avocado Smoothie

Ingredients *Serves 1*

1 cup nonfat plain yogurt

1 cup fresh spinach

1 frozen banana

2 tablespoons water

1 teaspoon honey

¼ avocado

Preparation *Total Time: 5 minutes*

Combine yogurt, spinach, banana, avocado, water, and honey in a blender. Puree until smooth.

Nutrition *Per Serving*

357 Calories, Total Fat: 8 g, Saturated Fat: 2 g, Cholesterol: 5 mg, Carbohydrates: 58 g, Fiber: 8 g, Total Sugars: 39 g, Added Sugars: 6 g, Protein: 18 g, Sodium: 238 mg, Potassium: 1295 mg, Folate: 94 mcg

Calcium: 544 mg