

BLUEBERRY (SPINACH) SMOOTHIE

Gluten Free, Higher Fiber, Lower Saturated Fat, Lower Sodium, Vegetarian

Serves: 2

Nutrition (per serving)

Calories: 291

Total Fat: 5 g

Saturated Fat: 0 g

Sodium: 80 mg

Total Carbohydrate: 53

Dietary Fiber: 11 g

Total Sugars: 35 g

Protein: 10 g

Ingredients

- 2 cups frozen blueberries
- 1 ½ cups skim milk
- 1 handful fresh spinach leaves, stems removed
- 1 banana, peeled and sliced, frozen or fresh
- 1 tablespoon chia seeds
- 2 teaspoons finely-chopped fresh ginger
- 1 tablespoon honey, or sweetener of choice

Directions

1. Add all ingredients to a blender and pulse until smooth. If the smoothie is too thick, add extra milk to thin.
2. Serve immediately, garnished with extra chia seeds if desired.