

GREEN JUNGLE SMOOTHIE

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

Serves: 2

Nutrition (per serving)

Calories: 245	Total Carbohydrate: 44
Total Fat: 4 g	Dietary Fiber: 9 g
Saturated Fat: 0 g	Total Sugars: 28 g
Sodium: 137 mg	Protein: 9 g

Ingredients

- 1 banana, peeled and sliced
- 2 teaspoons fresh ginger, chopped
- 2 handfuls fresh baby spinach
- 1 cup frozen pineapple chunks
- 1 cup skim milk
- 1 tablespoon chia seeds
- 1 tablespoon honey

Directions

1. Add all ingredients to a blender. Pulse until smooth.
2. Serve immediately.