

Blueberry spinach smoothie



Recipe credit

University of Minnesota Extension Department of Family, Health and Wellbeing

About this recipe

Serves

4

Serving size

1 cup

Time to make

10 minutes preparation

Special criteria

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Ingredients

- 1 cup frozen blueberries
- 1 cup fresh strawberries or other fresh or frozen red or purple fruit
- 1 ripe banana, peeled
- 1 cup spinach leaves
- 1 cup plain yogurt
- 3/4 cup skim or low-fat milk

Directions

1. Wash spinach and strawberries (or other fresh fruit). Remove stems.
2. Place all ingredients in a blender or food processor.
3. Blend until smooth.
4. Serve immediately.

Tips and variations

- Add ice to thicken the smoothie.
- Add water, milk or 100% fruit juice to blend more smoothly.
- Use any combination of fresh and frozen fruit.
- Try kale or other greens in place of or in addition to the spinach.

Nutritional info

Calories

109

Total fat

0.6 g

Saturated fat

0.2 g

Cholesterol

2.1 mg

Sodium

73.4 mg

Total carbohydrates

21.5 g

Dietary fiber

2.7 g

Protein

6 g

Total sugar

15.7 g

Allergens

Dairy

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