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
Vegetarian recipes
Family Favorites

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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