



Spinach-Avocado Smoothie

Make this healthy green smoothie for yourself or your loved one at any time of the day! This super creamy treat is a quick meal you can sneak in as a snack or as a meal substitute. You can even make it ahead (up to one day) and store it in the fridge until you need a veggie boost.

Ingredients

- 1 cup nonfat plain yogurt
- 1 cup fresh spinach
- 1 frozen banana
- ¼ avocado
- 2 tablespoons water
- 1 teaspoon honey

Preparation

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

Nutrition (per serving)

Serving size: 1 smoothie; 357 calories; protein 17.7g; carbohydrates 57.8g; dietary fiber 7.8g; sugars 39.3g; fat 8.2g; cholesterol 4.9mg; sodium 237.9mg

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