

Purple Spinach Smoothie

Yield: 8 servings

Ingredients

3 cups blueberries; frozen
3 cups spinach
3 each banana; overripe, frozen
¾ cup yogurt; plain
1½ cups soy milk; unsweetened

Instructions

1. Gather all ingredients and equipment.
2. In a blender, add spinach first, and then add the remaining ingredients. Blend until smooth and all the spinach has disappeared.
3. Serve cold. If needed, add ice to make the smoothie thicker.

Nutrition Information

Serving Size: 1 cup

Calories: 90
Total Fat: 1.0 g
Saturated Fat: 0.5 g
Monounsaturated Fat: 0 g
Sodium: 30.0 mg
Total Carbohydrate: 20.0 g
Dietary Fiber: 2.0 g
Sugars: 13.0 g
Protein: 3.0 g

Source: Goldring Center for Culinary Medicine

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