

Superfood Smoothie

Serving Size: about 1 cup; makes 4 servings

Prep time: 5 minutes

Total time: 5 minutes

Ingredients

- 1 cup unsweetened almond milk
- 1 cup frozen blueberries
- 2 cups baby spinach
- 1 banana
- 1 cup ice

Bonus: add 1-2 tbsp. of the following: chia seeds, flaxseeds, hempseeds, maca powder, cinnamon, raw cocoa, ginger, aloe vera



Preparation

1. Combine all ingredients in a blender and puree until smooth and thick.

Nutritional Information

Per serving

Calories: 125

Total Fat: 2 g

Saturated Fat: 0 g

Cholesterol: 0 mg

Total Carbohydrate: 26 g

Dietary Fiber: 5 g

Sugar: 14 g

Protein: 3 g

Sodium: 135 mg

Potassium: 670 mg

Adjusted from: <https://www.diabetesfoodhub.org>