



Spinach (Green) Smoothie

Makes 2 servings

Ingredients:

- 1 cup of baby spinach
- 1 ripe banana (frozen preferably)
- 1 cup of soy or other plant based milk
- 4 pitted dates
- Ice cubes

Directions:

All recipes. place ingredients into blender until smooth in consistency. Serve.

Nutrition Facts

Serving size 0.5 container (2g)

Amount Per Serving
Calories **250**

% Daily Value*

Total Fat 2g **3%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 55mg **2%**

Total Carbohydrate 56g **20%**

Dietary Fiber 4g **14%**

Total Sugars 44g

Includes 0g Added Sugars **0%**

Protein 5g **10%**

Not a significant source of vitamin D, calcium, iron, and potassium

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Picture from <https://atablefullofjoy.com/spinach-smoothie/>