

Green Wave Smoothie



This smoothie is the perfect balance of sweet with plenty veggie goodness, bright green color, and fiber thanks for spinach and avocado!

YIELD 2 SERVINGS	PREP TIME 10 MIN	TOTAL TIME 15 MIN
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INGREDIENTS

1 each	Avocado
2 medium	Bananas, very ripe, frozen, cut into large chunks
1 cup	Pineapple, frozen
2 cups	Baby Spinach (loosely packed)
1 cup	Water

CHEF'S NOTES

This no sugar added smoothie provides 10 grams of filling fiber thanks to the addition of avocado- making it a great choice for your morning meal on the go. If you want to add a little more protein, you can use low-fat milk instead of water or add some yogurt to the recipe.

Only drinking one serving? Store the extra smoothie in a sealed jar in the refrigerator for tomorrow's breakfast.

DIRECTIONS

1. Gather all necessary equipment and ingredients.
2. In a blender, combine all the ingredients and blend on high speed until smooth and creamy. Add additional water as needed to reach the desired consistency.

Nutrition Facts

2 servings per container

Serving Size 16 oz. (417 g)

Amount per serving

Calories 270

% Daily Value *

Total Fat 11g 14%

Saturated Fat 1.5g 8%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 35mg 0%

Total Carbohydrate 45g 16%

Dietary Fiber 10g 34%

Total Sugars 23g

Includes 0g Added Sugars 0%

Protein 4g 8%

Vitamin D 0mcg 0%

Calcium 60mg 5%

Iron 2mg 10%

Potassium 1000mg 22%

*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.

Recipe adapted from Health meets Food, "Greenie Green Smoothie" (6/10/19)



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