

# Blueberry Muffin Smoothie



*Berries are a great way to hide the green color of vegetables in your smoothies! Any combination of your favorite berries would work well in this bakery inspired breakfast addition.*

<b>YIELD</b> <b>2 SERVINGS</b>	<b>PREP TIME</b> <b>5 MIN</b>	<b>TOTAL TIME</b> <b>5 MIN</b>
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## INGREDIENTS

1 cup	Baby Spinach
1 cup	Blueberries, frozen
1 each	Banana, overripe, frozen
¼ cup	Greek Yogurt, plain, nonfat
½ cup	Milk, 1%
1 tsp	Vanilla Extract
¼ tsp	Cinnamon, ground

## CHEF'S NOTES

Using frozen fruit in your smoothie provides a rich and creamy, soft-frozen texture without the need for ice which can dull the flavor of your drinks.

Peel and freeze any bananas that get a little overripe on the counter in a zip top bag. Keep a supply of your favorite frozen fruits on hand for quick, flavor and nutrition-packed smoothies any time!

## DIRECTIONS

1. Gather all necessary equipment and ingredients. Prepare all ingredients as described above.
2. Add all ingredients in the order listed to a large blender pitcher, breaking the frozen banana into smaller pieces.
3. Blend until smooth and creamy, with a consistent blue color (start the blender on low and gradually increase the speed to medium-high). Scrape down the sides of the blender as needed.
4. Serve immediately or freeze any leftovers. Simply transfer to the refrigerator the night before you plan to drink your smoothie.

# Nutrition Facts

2 servings per container

**Serving Size** 8 oz. (239 g)

**Amount per serving**

**Calories** 140

**% Daily Value \***

**Total Fat 1.5g** 0%

Saturated Fat 0g 2%

*Trans* Fat 0g

**Cholesterol less than 5mg** 0%

**Sodium 45mg** 2%

**Total Carbohydrate 28g** 10%

Dietary Fiber 4g 14%

Total Sugars 18g

Includes 0g Added Sugars 0%

**Protein 6g** 12%

Vitamin D 0.73mcg 4%

Calcium 120mg 9%

Iron 0.37mg 2%

Potassium 400mg 8%

\*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.

