

# 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!*

<b>YIELD</b> <b>2 SERVINGS</b>	<b>PREP TIME</b> <b>10 MIN</b>	<b>TOTAL TIME</b> <b>15 MIN</b>
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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 (519g)

**Amount Per Serving**

**Calories** 340

**% Daily Value\***

**Total Fat** 16g 21%

Saturated Fat 3g 15%

*Trans* Fat 0g

**Cholesterol** 0mg 0%

**Sodium** 40mg 2%

**Total Carbohydrate** 52g 19%

Dietary Fiber 15g 54%

Total Sugars 20g

Includes 0g Added Sugars 0%

**Protein** 8g

Vitamin D 0mcg 0%

Calcium 60mg 4%

Iron 2.3mg 15%

Potassium 960mg 20%

\* 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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