

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 beverage.

YIELD 2 SERVINGS	PREP TIME 5 MIN	TOTAL TIME 5 MIN
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INGREDIENTS

2 cups	Baby Spinach, packed
2 cups	Blueberries, frozen
2 each	Banana, overripe, frozen
¾ cup	Greek Yogurt, plain, nonfat
¾ cup	Milk, 1% Low-fat
2 tsp	Vanilla Extract
½ 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 before adding.
3. Starting on low and gradually increasing the speed, blend until smooth and creamy, with a consistent blue color. 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 to defrost.

Nutrition Facts

2 servings per container

Serving size 16 oz. (482g)

Amount Per Serving

Calories 280

% Daily Value*

Total Fat 2.5g 3%

Saturated Fat 1g 5%

Trans Fat 0g

Cholesterol 10mg 3%

Sodium 100mg 4%

Total Carbohydrate 55g 20%

Dietary Fiber 8g 29%

Total Sugars 36g

Includes 0g Added Sugars 0%

Protein 14g 28%

Vitamin D 1.1mcg 6%

Calcium 270mg 20%

Iron 1.5mg 8%

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.

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