

BLUE BANANA SMOOTHIE

INGREDIENTS

- 8 ounces milk (your choice of fat-free, low-fat, reduced-fat, almond, soy, etc.)
- ½ cup plain low-fat yogurt
- ½ cup frozen banana slices
- ¼ cup oatmeal
- ½ cup frozen blueberries
- 1 to 2 tablespoon ground flaxseeds
- 1 tablespoon unsweetened cocoa powder
- 1 cup fresh baby spinach
- Honey, to taste
- Cinnamon, to taste

DIRECTIONS

1. In a blender, puree ingredients until smooth. Serve immediately.
2. Note — the frozen fruit gives the smoothie a thick texture. Add water if you want a thinner consistency or add ice if you want it even thicker.



Serves: 1 | Nutrition Information: Calories: 190; Total fat: 1g; Saturated fat: 0g; Cholesterol: 5mg; Sodium: 105mg; Total Carbohydrate: 38g; Dietary Fiber: 4g; Sugars: 27g; Protein: 10g.