

## Green Smoothie

### Ingredients:

- 1 cup frozen fruit (banana, mixed berries, tropical mix)
- 1 cup of fresh greens (spinach, kale, or arugula)
- 1/2 – 1 cup milk (unsweetened almond, soy, coconut, cows, etc.)
- 1/2 tablespoon ground seeds (flax, chia, hemp etc.)



### Instructions:

1. Place all ingredients into a blender.
2. Blend on high until smooth. Startin with 1/2 cup of milk and add additional slowly to your personal preference of thickness.
3. Serve or refrigerate immediately. Discard after 24-48 hours

### Nutrition Information :

**Calories:** 146 **Sugar:** 14 **Fat:** 3 **Carbohydrates:** 30 **Fiber:** 5 **Protein:** 3

Recipe from Fit Foodie Finds

<https://fitfoodiefinds.com/the-best-green-smoothie-recipes/#tasty-recipes-66400>



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