



Spinach and Banana Power Smoothie

Description

A vegan banana spinach smoothie that is quick, easy, and surprisingly delicious. I make one of these tasty treats for myself every morning for breakfast, and it powers me all the way until lunch. I love the mild sweetness of the banana, but if you want it sweeter you could add sugar. I've also added different flavors like ginger, cinnamon, apple, or any number of ingredients. Raw vegans can substitute raw almond milk for the soy. Feel free to experiment with different versions, and enjoy the pure energy that comes from eating fresh, good-for-you food!

Prep Time: 10 mins

Total Time: 10 mins

Servings: 1

Ingredients

- 1 cup plain soy milk
- $\frac{3}{4}$ cup packed fresh spinach leaves
- 1 large banana, sliced

Directions

1. Gather all ingredients.
2. Blend soy milk and spinach together in a blender until smooth.
3. Add banana and pulse until thoroughly blended.

Cookâ??s Note

You can substitute vanilla soy milk for the plain soy milk if desired.

Bananas are truly a miracle food because you wonâ??t even taste the greens in this smoothie! Most of us have heard how good spinach is for us. But letâ??s be honest, no one really wants to eat spinach salad every day. This smoothie is a great way to reap all the nutritional benefits of fresh spinach without even realizing youâ??re eating it.

Nutrition Facts

Calories257

Total Fat 5g
Saturated Fat 1g
Sodium 143mg
Total Carbohydrate 47g
Dietary Fiber 6g
Total Sugars 26g
Protein 10g
Vitamin C 18mg
Calcium 90mg
Iron 3mg
Potassium 899mg

Category

1. High Protein Recipes

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