

Breakfast Banana Green Smoothie

Jacob · 29/09/2024



Prep Time

1

Difficult

Medium

Servings

1 serving

Description

Easy and simple youll have this smoothie in no time This smoothie is packed with nutrients and vitamins Its also perfect if youre in a hurry to get to work rushing your kids to school rushing yourself to schoollike me or just craving a fresh and healthy drink to start your day Organic maple syrup can be added instead of honey

Ingredients

- - 2 cups baby spinach leaves
- or to taste - 1 banana - 1 carrot
- peeled and cut into large chunks - $\frac{3}{4}$ cup plain fat-free Greek yogurt
- or to taste - $\frac{3}{4}$ cup ice - 2 tablespoons honey

Instructions

1. Put spinach
2. banana
3. carrot
4. yogurt
5. ice
6. and honey in a blender; blend until smooth. Editor's Note: Please note differences in ingredient amounts and servings when following the magazine version of this recipe.