

# Spinach Smoothie

Nutritious spinach smoothie recipe with banana and yogurt. Ready in 10 minutes! Packed with vitamins, fiber, and protein for energy all day.

10 min

PREP

10 min

TOTAL

1

SERVINGS

Easy

DIFFICULTY

## Ingredients

- 0.5 cup almond milk
- 0.5 cup plain yogurt
- 3 cup spinach
- 2 banana
- 1 tsp honey

## Instructions

- 1 Prepare the base**

Add 0.5 cup milk and 3 cups fresh spinach to your blender. Blend on high speed for 30-45 seconds until the spinach is completely broken down and the mixture is smooth and bright green.
- 2** Add 2 frozen banana pieces and 0.5 cup Greek yogurt to the blender. Blend on high speed for 45-60 seconds until the mixture is completely smooth and creamy with no visible banana chunks.
- 3** Add 1 teaspoon honey and blend on low speed for 10-15 seconds to incorporate. Taste and add more honey if desired for additional sweetness.
- 4** Pour the smoothie into a tall glass and serve immediately while cold and frothy.

## Tips

Use frozen bananas and spinach for the creamiest texture and to avoid diluting the smoothie with ice cubes.

Blend liquids and greens first until completely smooth, then add remaining ingredients to prevent leafy chunks in your smoothie.

Pre-wash and freeze spinach in portion-sized bags for convenient smoothie preparation throughout the week.

Add a squeeze of lemon juice to brighten flavors and help preserve the green color when storing leftovers.

Start with less spinach if you're new to green smoothies, then gradually increase the amount as your taste buds adjust.

Layer ingredients properly in your blender: liquids first, then soft ingredients, and frozen items last for optimal blending.

Taste and adjust sweetness gradually - you can always add more honey or maple syrup, but you can't take it out once added.

For extra nutrition, add a tablespoon of ground flaxseed or chia seeds for omega-3 fatty acids and additional fiber.