

# 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	10	1	Easy
PREP MIN	TOTAL MIN	SERVINGS	DIFFICULTY

## Spinach Smoothie

## 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.