



June 2- Chocolate Spinach Smoothie

Not Smart Snack

Link: <http://www.fitsugar.com/Chocolate-Spinach-Smoothie-30982698>

Recipe

Ingredients:

- 1 frozen banana, chopped into pieces
- 1 cup spinach
- ½ cup non-fat yogurt
- 1 cup chocolate almond milk

Directions:

1. Blend all ingredients together until smooth and creamy.
2. Top off with cinnamon if you wish, and drink up!

Yield 1 serving

Nutrition Facts

Serving Size 1 smoothie (658.5g)
Servings Per Container 1

Amount Per Serving

Calories 350 **Calories from Fat** 35

% Daily Value*

Total Fat 4g **6%**

Saturated Fat 0g **2%**

Trans Fat 0g

Cholesterol <5mg **1%**

Sodium 340mg **14%**

Total Carbohydrate 65g **22%**

Dietary Fiber 9g **35%**

Sugars 44g

Protein 13g **26%**

Vitamin A 390% • Vitamin C 60%

Calcium 90% • Iron 45%

* Percent Daily Values are based on a 2,000 calorie diet.