



## 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.