



## Spinach-Peanut Butter-Banana Smoothie

Created by Katie Ferraro, MPH, RD, CDE and Cara Archer, RD

Servings: 1

Prep and cook time: 5 minutes

Ingredients	Nutrient value per serving
1 c. unsweetened almond milk 1/2 c. water 4-6 ice cubes 1 c. baby spinach 1 frozen small banana 1 T. natural peanut butter, no added salt	Exchanges ..... 1/2 fat-free milk ..... 1 high-fat meat ..... 1 nonstarchy vegetable ..... 2 fruit Calories ..... 230 Calories from Fat ..... 100 Total Fat ..... 11 g. Saturated Fat ..... 1.5 g. Cholesterol ..... 0 mg. Sodium ..... 190 mg. Total Carbohydrate ..... 27 g. Dietary Fiber ..... 4 g. Sugars ..... 13 g. Protein ..... 6 g.
Instructions	Notes
Place all ingredients in a blender and mix until smooth.	<hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>