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## Five-Ingredient Go-To Green Smoothie

This is our go-to green smoothie with only five ingredients and packed with nutrients. Kick-start your day with this creamy, go-to green smoothie.

🕒 Prep: 5 mins Total: 5 mins

👤 Servings: 2 servings

1x	2x	3x
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### INGREDIENTS

- 1-1/2 cups ice
- 1 medium banana, fresh or frozen (*may sub 1 cup fruit of choice such as green apple, frozen pineapple, or mango*)
- 2 handfuls of spinach or greens of choice
- ½ avocado
- 1 ½-2 cups milk of choice
- 2 scoops protein powder of choice (such as collagen peptides)

### INSTRUCTIONS

1. Place all ingredients into a blender.
2. Blend until smooth and creamy and no chunks remain.
3. Serve and enjoy (or store in a mason jar with lid for up to 24 hours in the fridge).

### NUTRITION INFORMATION

Serving Size: 1/2 of recipe Calories: 215 Fat: 8 g Sodium: 180 mg  
Carbohydrate: 22 g (Fiber: 7 g Sugar: 7 g) Protein: 13 g

### DIETARY

Dairy-Free Egg-Free Gluten-free Grain-Free Nut-free Paleo Vegan Vegetarian

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