
Drink Your Greens Smoothie

Southern Living 2020 Annual Recipes

Servings: 2

Start to Finish Time: 10 minutes

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1 1/2 cups loosely packed spinach leaves

2/3 cup vanilla whole milk yogurt

2/3 cup bottled coconut water

1/2 cup ice cubes

1 small banana

1/2 ripe avocado

In a blender, combine the spinach, yogurt, coconut water, ice cubes, banana and avocado.

Process until smooth, 45 to 60 seconds.

Beverages

Per Serving (excluding unknown items): 135 Calories; 8g Fat (48.4% calories from fat); 2g Protein; 18g Carbohydrate; 3g Dietary Fiber; 0mg Cholesterol; 7mg Sodium. Exchanges: 1 Fruit; 1 1/2 Fat.