



COOK TIME: 5 MIN

PREP TIME: 2 MIN



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Ingredients

- ½ cup spinach (fresh or frozen)
- ½ medium avocado (can do fresh or frozen avocado halves when ripe)
- 1 medium banana
- ½ cup milk of choice
- 1 to 2 teaspoons honey for sweetness, if needed
- Ice, if needed

Green Smoothie

Directions

1. Place all ingredients into a blender and blend until smooth. If smoothies are too thick to blend, add more liquid until desired texture is reached.

The Green Smoothie is packed with inflammation-fighting ingredients while adding some sweetness and greens to your snack.⁶

Pro tip: Freezing bananas for smoothies helps make the consistency creamier.

Yield: 1 large serving or 2 small servings

Please consult your healthcare team for which recipes are best for your dietary needs, whether any modifications would be appropriate, and consider any allergies or dietary restrictions before making these recipes.

References

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