



Eat Well

Blue Banana Smoothie

Directions

In a blender, puree everything until smooth. Serve immediately.

Servings: 1

Ingredients

- » 8oz milk
- » ½ cup frozen banana slices
- » ½ cup frozen blueberries

Optional Boosts

(Choose 1 or more)

- » 1 cup fresh baby spinach
- » ½ cup plain low-fat yogurt
- » ¼ cup oatmeal
- » 1 to 2 tablespoons ground flaxseeds
- » 1 tablespoon unsweetened cocoa powder
- » Honey, to taste
- » Cinnamon, to taste

Nutrition information per serving:

Calories: 190, Fat: 1g, Protein: 10g,
Carbohydrates: 38g, Sodium: 105mg

Find more Altru dietitian approved
recipes at altru.org/recipes

Source: Academy of Nutrition and Dietetics

