

Breakfast | Snack

Power Green Smoothie

5 Mins
Prep Time

0 Mins
Cook Time

1
Serving

314 Calories **14g Fat** **43g Carbs** **10g Protein**



Ingredients

1 Serving **5 Mins Total Time** **Allergens: Nuts**

1 Banana, frozen

½ Cup Mixed Berries, frozen

1 Tbsp Ground Flaxseed Meal

1 Tbsp Creamy Peanut Butter

¾ Cup Vanilla, Unsweetened Almond Milk

2 Cups Fresh Spinach

Allergen Swap

Nuts Swap peanut butter for sunflower seed butter; omit almond milk and replace with a nut milk-free milk alternative.

Nourishment Note



Spinach

Spinach is a nutrient powerhouse. It's packed with antioxidants to help reduce inflammation associated with MS. It also contains nutrients that may help lower the risk of heart disease and diabetes.



Banana

Bananas are high in carbohydrates, a type of sugar, that provide your body with a quick burst of energy. They're also helpful with digestive regularity.

Instructions

1. Blend Ingredients & Enjoy

Add all ingredients to a blender and blend to desired consistency. Add more frozen ingredients or almond milk to thicken/thin smoothie, respectively. Enjoy immediately!

Recipe adapted from: minimalistbaker.com

What You'll Need



Blender



Measuring Cups



Measuring Spoons



Large Glass

Fatigue Buster

- Peel and freeze several bananas at once so you have some handy in the freezer.
- Purchase pre-washed baby spinach for a quick smoothie addition.