



Blueberry Banana Smoothies

Recipe Source: www.nutritiontwins.com

Serves 2

Ingredients:

- 1 cup plain non-fat Greek yogurt
- 1 cup raw spinach or kale, loosely packed
- ½ cup frozen, unsweetened blueberries
- ½ cup frozen, unsweetened pineapple chunks
- 1 large banana, broken into 1-inch pieces
- 2 tsp unsweetened coconut flakes

Steps:

- Place all ingredients in blender, with yogurt closest to the blade. Blend until smooth and there are no large chunks. Divide between glasses.

Tips from the Test Kitchen: This is quite thick, so you may want to add water or low-fat milk a tablespoon at a time until you reach desired consistency.

Nutritional Facts (per serving): Calories: 180, Carbohydrates: 38 grams, Protein: 8 grams, Total Fat: 1 gram, Saturated Fat: 1 gram, Cholesterol: 2 mg, Sodium: 103 mg, Fiber: 5 grams, Total Sugars: 25 grams.