

Green Smoothie Recipes

<http://www.incrediblesmoothies.com/recipes/banana-smoothie-recipes-and-nutrition/>

Banana-Nut Smoothie

1 banana
2 tbs natural creamy peanut butter
½ cup blueberries or 3-4 strawberries
2 cups fresh baby spinach (or other leafy green)
½ cup water
(OPTIONAL) 1 scoop protein powder*

*Calories: 384 | Fat: 17.6g (grams) | Protein: 11g | Carbs: 52g | Calcium: 11% | Vitamin A: 83% | Vitamin C: 72% | * Protein powder adds additional calories and grams of protein.*

Banana-Pineapple Smoothie

1 banana
1 cup pineapple
1-2 celery stalks
2 cups fresh baby spinach (or other leafy green)
1/2 cup water

Calories: 217 | Fat: 0.8g (grams) | Protein: 4.4g | Carbs: 54.9g | Calcium: 15% | Vitamin A: 92% | Vitamin C: 158%

Banana-Blueberry Smoothie

1 banana
1 cup blueberries
2 cups fresh baby spinach (or other leafy green)
1 whole carrot
1/2 cup of water

Calories: 244 | Fat: 1.1g (grams) | Protein: 5.3g | Carbs: 62g | Calcium: 12% | Vitamin A: 257% | Vitamin C: 90%

Banana-Pineapple Smoothie

1 banana
1 cup pineapple
1-2 celery stalks
2 cups fresh baby spinach (or other leafy green)
1/2 cup water

Calories: 217 | Fat: 0.8g (grams) | Protein: 4.4g | Carbs: 54.9g | Calcium: 15% | Vitamin A: 92% | Vitamin C: 158%