

Green Smoothie Recipes

Sweet Potato Smoothie Recipes

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

Citrus Sweet Potato Smoothie

- 1 cup cooked and cooled sweet potato, mashed
- 2 oranges, deseeded
- 1/4 teaspoon cinnamon

Calories: 386 | Fat: 1g (grams) | Protein: 7g | Carbs: 93g | Calcium: 17% | Iron: 2.7 mg | Vitamin A: 1744% | Vitamin C: 231%

Sweet Potato-Banana Green Smoothie

- 1/2 cup cooked and cooled sweet potato, mashed
- 1 medium banana, peeled
- 2 cups fresh baby spinach
- Dash of all-spice
- 4 ounces [hazelnut milk](#)

Calories: 243 | Fat: 1g (grams) | Protein: 5g | Carbs: 58g | Calcium: 9% | Iron: 3.1 mg | Vitamin A: 1051% | Vitamin C: 53%

Sweet Potato & Pecan Green Smoothie

- 1/2 cup raw sweet potato (you can also used cooked if you prefer)
- 2 tablespoons chopped pecans
- 1 small banana, peeled
- 1/4 teaspoon cinnamon
- 1/4 teaspoon pure vanilla extract (non-alcoholic)
- 1/2 head butter lettuce
- 8 ounces [almond milk](#)

Calories: 283 | Fat: 12g (grams) | Protein: 5g | Carbs: 40g | Calcium: 5% | Iron: 2.0 mg | Vitamin A: 424% | Vitamin C: 15%