

GREEN JUNGLE SMOOTHIE

Gluten Free, Higher Fiber, Lower Saturated Fat, Lower Sodium, Vegetarian

Serves: 2

Nutrition (per serving)

Calories: 245

Total Fat: 4 g

Saturated Fat: 0 g

Sodium: 137 mg

Total Carbohydrate: 44 g

Dietary Fiber: 9 g

Total Sugars: 28 g

Protein: 9 g

Ingredients

- 1 banana, peeled and sliced
- 2 teaspoons fresh ginger, chopped
- 2 handfuls fresh baby spinach
- 1 cup frozen pineapple chunks
- 1 cup skim milk
- 1 tablespoon chia seeds
- 1 tablespoon honey

Directions

1. Add all ingredients to a blender. Pulse until smooth.
2. Serve immediately.



OSF[®]
HEALTHCARE