



## CULINARY LEARN AND SHARE

# Blue & Green Breakfast Smoothie

Servings: 4

Prep Time: <10 min.

Difficulty: Easy

### Ingredients

- 1 cup (250 mL) frozen blueberries
- 1 cup (250 mL) fresh baby spinach\*
- 1 banana
- 1 cup (250mL) fat-free milk\*
- ½ cup (125 mL) orange juice
- 1 tbsp (15 mL) honey (optional)

\* Substitute kale or swiss chard for spinach. Use any plant milk instead of milk.

### Directions

Combine all ingredients in a blender.

Blend until smooth (add a few ice cubes in if mix starts to warm up while blending)

Serve and enjoy!

**Nutrition information:** Calories 83 | Total Fat 0g | Saturated Fat 0g | Cholesterol 1mg | Sodium 33mg | Total Carbohydrate 18g | Dietary Fiber 2g | Total sugar 13g | Added sugar 0g | Protein 3g | Vitamin A 11% Daily Value (DV) | Vitamin C 21% DV | Vitamin D 7% DV | Calcium 15% DV | Iron 2% DV | Potassium 7% DV



Recipe Source: **Wheels of Wellness, RWJBarnabas Health**



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