

# Avocado, Banana & Spinach Smoothie

Be brave – you can't taste the spinach! A version of this smoothie is a hit with the Live-it! students in the Columbus area middle schools. This smoothie packs a nutrition punch!

Avocado is rich in heart healthy monounsaturated fat, potassium, B vitamins, vitamin E, fiber and folic acid. Did you know avocados are a fruit not a vegetable?

- Monounsaturated fats may help lower your "bad" cholesterol when used in place of saturated fat.
- Sources: olive oil, canola oil, peanut oil, peanuts, pecans and avocado

Spinach makes a great addition to smoothies – a simple way to help you increase your servings of vegetables!

Spinach is high in vitamin K, vitamin A, folic acid and manganese. *Note: If you are on coumadin (warfarin) be*

*sure to discuss with your doctor before increasing how much spinach you eat, so your dose can be adjusted. When on coumadin, it's important to eat about the same amount of vitamin K each day. Examples of other foods high in vitamin K: dark green leafy greens (ex: kale, swiss chard, watercress), cabbage, brussels sprouts, asparagus and broccoli.*



## Ingredients

½ cup of spinach  
½ cup avocado  
½ banana  
¼ cup non-fat plain greek yogurt  
1 oz fresh 100% orange juice  
2.5 to 3 cups ice  
1 tablespoon honey (optional)

## Directions

1. Add orange juice, yogurt, avocado and banana to blender.
  2. Blend until smooth.
  3. Add ice to desired texture.
  4. Try before adding honey, you may not need it!
2. Serve immediately or freeze for later. Enjoy!

## Yields - 16 oz.

Calories: 332  
Fiber: 10 g

Sodium: 43 mg  
Saturated Fat: 2.6 g

Carbohydrate: 38 g  
Protein: 10 g

Fat: 18 g