



Spinach-Avocado Smoothie

Prep 5 m

Ready In 5 m

Recipe By: Breana Lai

“This healthy green smoothie gets super creamy from the frozen banana and avocado. Make ahead (up to 1 day) and store it in the fridge until you need a veggie boost.”

Ingredients

- 1 cup nonfat plain yogurt
- 1 cup fresh spinach
- 1 frozen banana
- ¼ avocado
- 2 tablespoons water
- 1 teaspoon honey

Directions

Combine yogurt, spinach, banana, avocado, water and honey in a blender. Puree until smooth.