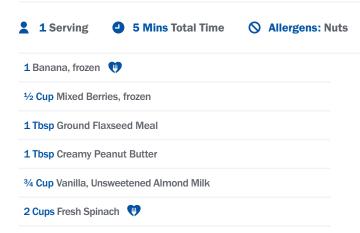


Breakfast | Snack Power Green Smoothie

5 Mins	O Mins		1
Prep Time	Cook Time		Serving
314 Calories	14g Fat	43g Carbs	10g Protein



Ingredients



Allergen Swap

Nuts Swap peanut butter for sunflower seed butter; omit almond milk and replace with a nut milk-free milk alternative.

Nourishment Note



(†) Spinach

Spinach is a nutrient powerhouse. It's packed with antioxidants to help reduce inflammation associated with MS. It also contains nutrients that may help lower the risk of heart disease and diabetes.



💔 Banana

Bananas are high in carbohydrates, a type of sugar, that provide your body with a quick burst of energy. They're also helpful with digestive regularity.



Instructions

1. Wash Hands

Wash hands with soap and water.

2. Blend Ingredients & Enjoy

Add all ingredients to a blender and blend to desired consistency. Add more frozen ingredients or almond milk to thicken/thin smoothie, respectively. Enjoy immediately!

3. Wash Hands

Wash hands with soap and water.

Recipe adapted from: minimalistbaker.com

What You'll Need

Ē	Blender
	Measuring Cups
ej Ej	Measuring Spoons
	Large Glass

Fatigue Buster

- Peel and freeze several bananas at once so you have some handy in the freezer.
- Purchase pre-washed baby spinach for a quick smoothie addition.