

Breakfast | Snack

# Power Green Smoothie

**5 Mins**  
Prep Time

**0 Mins**  
Cook Time

**1**  
Serving

 **314** Calories **14g** Fat **43g** Carbs **10g** Protein



## Ingredients

 **1 Serving**  **5 Mins Total Time**  **Allergens: Nuts**

1 Banana, frozen 

½ Cup Mixed Berries, frozen

1 Tbsp Ground Flaxseed Meal

1 Tbsp Creamy Peanut Butter

¾ Cup Vanilla, Unsweetened Almond Milk

2 Cups Fresh Spinach 

### 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](https://minimalistbaker.com)

## What You'll Need



Blender



Measuring Cups



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.