

## Power Smoothie

- 1 frozen banana
- 1 small handful baby spinach leaves
- ¼-½ cup berries, frozen or fresh
- ¼ -½ cup plain yogurt
- ½-ish cup milk
- 2 scoops protein powder (or whatever a serving is for the powder you use ... Mine is 2.)

Put all ingredients in the pitchers of a blender and blend till liquid. Pour into a tall glass and enjoy.

### NOTES and TIPS:

- If you don't have frozen bananas or berries, use fresh.
- If you don't have frozen fruit, add a couple or so ice cubes just for the "cold" factor.
- Substitute peaches or apricots for the berries.
- Milk could be dairy, or almond, rice, or soy ... you choose.
- I love Greek yogurt, but you can use whatever you want. Just be sure it doesn't have ton of sugar carbs and has good bacteria in it (acidophilus).
- Omit spinach if you don't have it. It doesn't alter the flavor. It adds a ton of nutrients, though, so use it if you have it! Kale could be a substitute, but don't use the ribs of the leaves. They are too tough.
- Add a teaspoon of almond butter or peanut butter for extra protein and "good fat".
- As you can tell from the "recipe", my measurements are estimated. It's all good!

