

# Bluey Smoothie

## Ingredients

- 1 cup frozen blueberries
- 2 cups frozen peach slices
- 2 cups packed, fresh spinach
- 1 cup fat-free milk
- 1 teaspoon honey



## Quick Tips

**Cooking Tip:** Substitute  $\frac{1}{2}$  cup frozen spinach for fresh, if needed, adding a few more splashes of milk if necessary.

**Keep it Healthy:** A few tablespoons of flax seeds, old-fashioned oats, protein powder, or wheat germ can be blended into the smoothie to meet your nutritional desires.

**Tip:** Using frozen fruit eliminates the need for ice in a smoothie. However, to use fresh fruit in the smoothie, use the same quantities of fruit but add  $1\frac{1}{2}$  cups of ice cubes.

## Directions

1. Into a blender, add all the ingredients.
2. Blend until the mixture is smooth, about 1 to 2 minutes, stopping to scrape down mixture if needed.
3. Pour into 2 glasses and serve.

Nutrition Information: (Per Serving)

### **1/2 Recipe**

180 Calories  
2 g Fat  
36 g Carbohydrate  
7 g Protein

### **1/4 Recipe**

90 Calories  
1 g Fat  
18 g Carbohydrate  
3 g Protein

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