

# 4 ingredient green smoothie

## Ingredients

- 2 cups raw spinach
- 2 frozen medium bananas (I just peeled, placed in a ziploc bag and froze over night)
- 1 cup fresh, whole strawberries
- 1 cup skim milk



## Instructions

1. combine all ingredients in a blender or food processor and process until smooth (add more skim milk if the ingredient is too thick for your liking, that will thin it out)
2. serve with a straw

## Nutrition Information

### Whole Recipe

385 calories  
13 g protein  
88 g carbohydrate  
1 g fat  
0 g saturated fat

### 2 Servings

192 calories  
7 g protein  
44 g carbohydrate  
1 g fat  
0 g saturated fat

### 3 Servings

128 calories  
4 g protein  
29 g carbohydrate  
0 g fat  
0 g saturated fat

### 4 Servings

96 calories  
3 g protein  
22 g carbohydrate  
0 g fat  
0 g saturated fat