

# MY FAVORITE GREEN SMOOTHIE

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Prep time	Total time
3 mins	3 mins

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A creamy, sweet vegan green smoothie with banana, peanut butter, spinach, flaxseed, berries and almond milk. The perfect healthy breakfast or afternoon snack.

Author: Minimalist Baker

Recipe type: Breakfast

Cuisine: Vegan, Gluten Free

Serves: 1



## Ingredients

- 1 medium banana, previously peeled, frozen and quartered
- 1/2 cup mixed frozen berries
- 1 Tbsp flaxseed meal
- 1 heaping Tbsp natural, salted peanut butter
- 1/2 - 3/4 cup unsweetened vanilla almond milk
- 2 cups fresh spinach

## Instructions

1. Place all ingredients in a blender and blend until creamy, adding more almond milk or frozen berries (or bananas) to thin/thicken, respectively. Serve immediately or freeze to enjoy later. Although, it is best when fresh.

## Nutrition Information

Serving size: 1    Calories: 357    Fat: 15 g    Carbohydrates: 48 g    Sugar: 25 g    Sodium: 222 mg  
Fiber: 15 g    Protein: 11 g

**Recipe by Minimalist Baker at <http://minimalistbaker.com/my-favorite-green-smoothie/>**