

# Fat Busting Smoothie

Yield: 4 min  
Total Time: 10 min

Recipe from: <https://www.recipeschoose.com/recipes/almost-no-fat-banana-bread-recipes>

## Ingredients:

- 2 cups fresh spinach
- 1 carrot
- 1 celery stalk
- 2 tablespoons apple cider vinegar
- 1/2 cup apple juice
- 1 banana

## Nutrition:

1. Calories: 50 calories
2. Carbohydrate: 13 grams
3. Fiber: 2 grams
4. Protein: 1 grams
5. Sodium: 30 milligrams
6. Sugar: 7 grams

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