

Green Smoothie

Yield: 2 min
Total Time: 55 min

Recipe from: <https://www.recipeschoose.com/recipes/strawberry-and-banana-chinese-restraunt-recipe>

Ingredients:

- 1 orange large, peeled and segmented
- 1/2 bananas cut into chunks
- 6 strawberries large
- 2 cups spinach
- 1/3 cup plain greek yogurt I use Chobani 0%
- 1 cup ice

Nutrition:

1. Calories: 130 calories
2. Carbohydrate: 28 grams
3. Cholesterol: 5 milligrams
4. Fat: 1 grams
5. Fiber: 7 grams
6. Protein: 4 grams
7. SaturatedFat: 1 grams
8. Sodium: 50 milligrams
9. Sugar: 7 grams

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