

Banana Blueberry Smoothie



Banana Blueberry Smoothie

Recipe makes: 7 servings (1 cup per serving)

Preparation time: 5 minutes

Cook time: 0 minutes

Equipment: one set of measuring cups, one set of measuring spoons, one knife, one blender, seven serving cups

What you need to make this recipe:

- 4 ripe bananas, peeled and sliced
- 2 cups frozen blueberries
- 1 300 g package of frozen spinach
- 4 tablespoons ground flaxseed
- 2 cups skim milk

How to make Banana Blueberry Smoothie:

1. Put all the ingredients in a blender. Blend until smooth.
2. Serve immediately. To serve, pour the smoothie into the serving cups.

Nutrition Facts	
Per 1 serving (1 cup)	
Calories	150
% Daily Value*	
Fat 2.5 g	3 %
Saturated 0.3 g	2 %
+ Trans 0 g	
Carbohydrate 30 g	
Fibre 6 g	21 %
Sugars 18 g	18 %
Protein 6 g	
Cholesterol 0 mg	
Sodium 65 mg	3 %
Calcium 150 mg	12 %
Iron 7 mg	7 %
Vitamin A 300 µg	33 %
Vitamin C 10 mg	11 %
Vitamin K 169.5 µg	141 %
Folate 90 µg DFE	23 %
5% or less is a little , 15% or more is a lot	
Nova School Food and Beverage Standard: Maximum	

Allergy information:

Contains milk.

May contain gluten.

About this recipe:

Leafy greens, like spinach, contain vitamin K. Getting enough vitamin K in your diet can help heal wounds.

Substitutions:

To make this recipe milk-free, use a milk alternative like soy beverage.

To make this recipe gluten-free, use certified gluten-free ground flaxseed.

Storage information:

Banana Blueberry Smoothie can be stored in an airtight container in the fridge for 1 day.