



# Berry Smoothie 2.0

BY LEANNE BROWN

🕒 5 MINS | 🍴 1 SERVINGS

🔗 To modify servings, view nutrition information and more, go to [eatlove.is](https://eatlove.is)

## Method

1. Blend until smooth, then adjust with more berries or milk to your taste.

## INGREDIENTS

1/2 cup yogurt

1 cup frozen berries

1 tablespoon milk or juice to think as needed

1/2 cup Raw Spinach

### NUTRITION INFORMATION PER SERVING

Calories 185kcal	Sodium 106mg
Carbs 34g	Fiber 7.9g
Protein 9.1g	Added Sugar 0g
Total Fat 2.91g	Fruits 2 servings
Saturated Fat 1.45g	Vegetables 0.25 servings

