

# Healthy Breakfast Smoothie

Ingredients:      Directions: Blend

1 medium banana (fresh or frozen)

½ cup sliced strawberries,

blueberries, or chopped mangos

¼ cup 2% plain Greek yogurt

1 tablespoon almond butter

½ cup baby spinach

½ cup unsweetened almond milk

Optional: 1-2 basil leaves, 2-3 mint

leaves,

½ teaspoon peeled, chopped

ginger