

Green Smoothie Bowl

Serving Size 1 bowl

Servings 1

Prep Time 1-5 min

Cook Time 0 min



Nutrition Information

Calories	295
Fat	4 g
Saturated fat	0.4 g
Polyunsaturated fat	1 g
Monounsaturated fat	1.6 g
Cholesterol	0 mg
Sodium	198 mg
Carbs	66 g
Protein	7 g
Fiber	11 g

Health Benefit

[Low Fat](#)

Ingredients

1 1/2 cups [chopped kale or spinach](#)

2 frozen [bananas](#) or 2 bananas + 1 cup of ice

1 cup [almond milk, unsweetened](#)

1 tablespoon [nut butter \(optional\)](#)

Directions

1. In a blender, process ingredients on high until smooth but not runny.
2. Transfer smoothie to a bowl. Top with sliced fruit, nuts, seeds, or your favorite toppings.
3. Handy Hint: Want it sweeter? Hold the sugar. Add fresh or frozen strawberries for an extra burst of sweetness.

Jackie Gentilesco