



Easy Strawberry Banana Smoothie

Ingredients

- 1 container (6oz.) Greek fat-free plain yogurt
- 1 ½ cup milk (see below)
- 1 cup frozen unsweetened or fresh strawberries
- 1 medium banana, sliced (1 cup)

*Milk of choice: skim, low-fat, almond or soy

Directions

- Combine all ingredients in blender. Blend until smooth.
- Pour into 2 separate glasses, serve immediately & enjoy!
- Per serving: Calories: 240, Fat: 0g, Sodium: 130mg, Carbs: 35g, Dietary fiber: 4g, Protein: 13g, , Vitamin C: 90%, Calcium: 40% (calories for almond milk)

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Mango Greek Yogurt Smoothie



Ingredients

- 1 cup fresh or frozen (slightly-thawed) mango pieces
- 1 cup (5.3 oz) Yoplait Greek 100 protein mango yogurt
- 1/2 cup milk (see below)
- Pinch of ground cardamom
- Fresh mint leaves

*Milk of choice: skim, low-fat, almond or soy

Directions

In blender, place mango, yogurt and milk. Cover; blend on high for about 1 minute or until smooth.

- Pour into glass, sprinkle with cardamom, garnish with mint leaves. Serve immediately.
- Calories: 239, Fat: 2g, Carbs: 36g, Fiber: 3g, Protein: 21g, Vitamin A: 30%, Vitamin C: 76%, Calcium: 35% (Calories for low-fat milk)

Simple Green Tea Deluxe Smoothie



Ingredients

- 1/2 pitted avocado
- 1/2 large banana
- 1 handful spinach
- 1 cup brewed green tea
- 1 zested lemon
- 2 cups water

Directions

- Combine all ingredients in blender; blend until smooth.
- Pour into tall glass, top with cinnamon (if desired), serve immediately.
- Calories: 235, Fat: 14g (Sat: 2g, Poly: 1.6g, Mono:10g), Carbs: 18g, Protein: 3g, Vitamin A: 35%, Vitamin C: 60%

Note: Green Tea is rich in an anti-aging antioxidant named EGCG, which helps fight wrinkles by increasing cell turnover.



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