

Mark's Kitchen

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Berries & Cream Smoothie

I know it's not quite spring yet, but warmer weather is just around the corner! To me, this means smoothies for breakfast. This week's smoothie recipe comes from our friends at Nutribullet, and it's filled with plenty of colorful plant foods and healthy fats. It makes for a great smoothie in the morning or post-workout. Enjoy!

Ready in: 2 minutes

Serves: 1

Ingredients:

- 1 cup spinach
- ½ cup frozen mixed berries
- 1 cup unsweetened vanilla almond milk
- ½ cup unsweetened coconut milk
- 1 tablespoon almond butter
- 1 teaspoon ground flaxseed
- Dash of cinnamon

Step 1: Add ingredients into blender.

Step 2: Blend. Server and enjoy.

Nutritional Analysis: calories 225, fat 14g, protein 6g, sodium 211 mg, sugar 5 gram