



Green Monster Spinach Smoothie

Description

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For years I have avoided green smoothies. Smoothies containing a green vegetable mixed with milk have just never sounded too appetizing to me. That is until the green monster came along. The website pinterest is my newest obsession. I discovered this smoothie on pinterest which originated

from the blog [Iowa Girl Eats](#) . Iowa girl Kristin just added a new [green shake](#) which is her healthier version of McDonald's Shamrock Shake. I haven't tried that one yet, but the [green monster smoothie](#) is a favorite. I love that I'm getting a serving or two of vegetables at breakfast or as a snack. It tastes like a peanut butter and banana smoothie. You don't even taste the spinach! I like the taste of spinach just not in a smoothie. Trust me you'll love it and it's healthy. I've adapted the recipe a little to work with the items I typically have on hand.

Green Monster Spinach Smoothie (serves 1)

- 1 frozen sliced banana (I use an unfrozen one and it turns out fine, you can add a few ice cubes)
- 1 tbsp peanut butter
- 1/2 cup vanilla Chobani Greek Yogurt, or other greek yogurt
- 1 cup unsweetened vanilla almond breeze or other kind of milk
- 4 cups baby spinach (or more, or less)

Combine all ingredients in a blender and blend until smooth. I've found it helpful to blend the spinach and wet ingredients first before adding the banana and peanut butter.

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