



GREEN SMOOTHIE BOWL

ingredients:

- 1/2 cup fat-free vanilla Greek yogurt
- 1 banana, peel removed
- 1 cup spinach leaves, fresh
- 1/8 avocado
- 1 kiwi, peel removed
- 1/2 cup water
- 2 Tablespoons low-fat granola
- Fresh mint leaves

directions:

1. Slice 1/4 of the banana into coins and 1/4 of kiwi into cubes.
2. Place rest of banana and kiwi into a blender with yogurt, spinach, avocado and water. Blend until smooth.
3. Pour into bowl. Top bowl with banana slices, kiwi cubes, granola and fresh mint.

Yield: 1 serving

Nutrition Information Per Serving:

334 calories
7 grams Fat
1 gram Saturated fat
2.5 mg Cholesterol
131 mg Sodium
58 grams Carbohydrates
9.5 grams Fiber
15 grams Protein

Food exchanges:

1/2 milk, 1 vegetable,
1 protein, 3 fruit, 1 fat



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