



Hays
CISD

Mean Green Smoothie

Yield: 2 servings

Ingredients

- 1 C low-fat yogurt or milk
- 1 banana
- 1/2 C frozen peaches (or frozen fruit of your choice)
- 1 C fresh spinach

Consider adding some protein and healthy fats from peanut butter, flaxseed, or avocado for a complete meal!

Directions

1. Place all of the ingredients in a blender.
2. Blend until smooth and creamy.
3. Pour into 2 glasses and serve.



Chef Bryant is a finalist in the H-E-B Slim Down Showdown!
Support Chef Bryant in his weight loss journey by following his blog:
<http://sdsd.heb.com/author/bryantsdsd/>

