



## Green Smoothie Breakfast Bowl

### Ingredients:

¾ cup Original Almond Milk, Unsweetened  
4 oz Nonfat Plain Greek Yogurt  
1 cup Frozen Mixed Fruit  
2 cups Baby Spinach  
1 medium sliced, frozen banana  
Granola crumble

### Instructions:

1. Combine all ingredients except granola in a blender. Puree until smooth and thick, stopping to stir mixture in between blending at times. (Add a little more almond milk if needed.)
2. Pour smoothie mixture into 2 bowls. Top each bowl with granola.

### Nutritional Information:

- Servings: 2
- Servings size: 1 cup
- Calories: 260 kcal
- Carbohydrates: 34 g
- Sugar: 19 g
- Protein: 11 g
- Fat: 10 g
- Saturated Fat: 0.9 g
- Fiber: 7 g
- Sodium: 180 mg
- Potassium: 670 mg
- Cholesterol: 5 mg