



Green Smoothie Bowl

INGREDIENTS (Yield: 1 serving)

- 1/2 cup nonfat 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

NUTRITION INFORMATION: 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

DIRECTIONS

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