



Brandy's Breakfast Smoothie

I make a smoothie every morning for breakfast. It gives me a serving or two of veggies and fruits first thing in the morning. I use a Nutri-bullet, but a blender would also work. I typically do not measure any of my ingredients, so feel free to experiment and adjust to your own tastes. If a vegetable smoothie is new to you, try starting off with more fruit and gradually increase the amount of vegetables you add each day. I hope you enjoy!

Ingredients:

2 cups mixed greens (i.e. kale, spinach)
5 -10 baby carrots
1/2 - 3/4 cup non-fat plain Greek yogurt
1 tbsp. ground flax seed
1 banana
1/2 cup frozen mixed fruit (i.e. strawberries, peaches, mango, pineapple, grapes)
1/2 cup frozen mixed berries (i.e. blueberries, blackberries, raspberries)
small handful of dried goji berries
water

1. Layer ingredients, in the above order.
2. Add water to just below the top level of your ingredients. If using a Nutri-bullet cup, fill water to the fill line.
3. Blend until all ingredients have been ground to a smoothie texture.
4. Enjoy immediately!

If you're super rushed in the morning you can prep all but the fruits and water the night before. I put the first 4 ingredients in my cup the night before in the fridge. In the morning, I can quickly add my banana, frozen fruit, and water. Makes for an easy breakfast in the car!

* Note the high amount of sugar in this recipe. However, depending on the yogurt you are using, this may be all naturally occurring sugars (lactose from the yogurt and fructose from your fruit). I use Chobani non-fat plain Greek yogurt which has no added sugars listed in the ingredients.

* Special thanks to www.myfitnesspal.com for calculating the Nutrition Facts for this recipe. My Fitness Pal is a great resource if you are in need of a tool to monitor your food and calorie intake.

Nutrition Facts	
Servings 1.0	
Amount Per Serving	
calories 315	
	% Daily Value *
Total Fat 3 g	5 %
Saturated Fat 0 g	2 %
Monounsaturated Fat 1 g	
Polyunsaturated Fat 2 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 156 mg	7 %
Potassium 1179 mg	34 %
Total Carbohydrate 53 g	18 %
Dietary Fiber 8 g	32 %
Sugars 28 g	
Protein 19 g	37 %
Vitamin A	142 %
Vitamin C	67 %
Calcium	28 %
Iron	12 %
* The Percent Daily Values are based on a 2,000 calorie diet, so your values may change depending on your calorie needs. The values here may not be 100% accurate because the recipes have not been professionally evaluated nor have they been evaluated by the U.S. FDA.	