

Smoothie Breakfast Bowl

Serves 2

Ingredients:

- 3/4 cup unsweetened almond milk
- 1/2 cup non-fat plain Greek yogurt
- 1 cup frozen mixed fruit
- 2 cups baby spinach
- 1 medium sliced frozen banana
- 1 KIND Maple Glazed Pecan & Sea Salt bar
(1.4 ounces, crumbled)



Directions:

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

Nutrition Information per serving (about 1 cup):

Calories: 260, Total Fat: 10 g, Saturated Fat: 1 g, Cholesterol: <5 mg, Sodium: 180 mg, Carbohydrate 34 g, Fiber: 7 g, Total Sugar: 19 g, Protein: 11 g

SOURCE: <https://www.diabetesfoodhub.org/recipes/green-smoothie-breakfast-bowl.html>
