



Green Smoothie Breakfast Bowl

This Recipe Serves 2

Ingredients

$\frac{3}{4}$ 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

1 (1.4-oz) KIND Maple Glazed
Pecan & Sea Salt bar, crumbled

1. Combine all ingredients except KIND bar in a blender. Purée 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 half of the crumbled KIND bar.

Dietitian Tip: No KIND bar? Try topping with a sprinkle of toasted almonds and coconut.

Make It Gluten-Free: Confirm all ingredients are gluten-free and this recipe can be made gluten-free.

Choices/Exchanges: $1\frac{1}{2}$ Fruit, 1 Carbohydrate, 1 Lean Protein, $1\frac{1}{2}$ Fat

Notes _____

