



*Simple,  
Seasonal,  
Sustainable*

## Recipe of the Week ***Superfood Smoothie***

### **Ingredients:**

- 1 cup almond milk
- 1 cup frozen blueberries
- 2 cups baby spinach
- 1 banana

### **Directions:**

1. Combine all ingredients in a blender and puree until smooth and thick.

Serves 2

125 calories, 2 g fat, 0 g saturated fat, 26 g carbohydrate, 5 g fiber, 3 g protein, 135 mg sodium

Source: American Diabetes Association

