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