

Banana Orange Green Smoothie

1 SERVING 5 MINUTES



INGREDIENTS

1 Banana (medium, frozen)
1/2 Apple (medium, peeled and chopped)
1 cup Baby Spinach
1/2 cup Frozen Cauliflower
1/2 cup Orange Juice (freshly squeezed)
1/2 cup Water

DIRECTIONS

01 Add all ingredients to a blender and blend until smooth. Pour into a glass and enjoy!

NUTRITION

AMOUNT PER SERVING

Calories	232	Carbs	57g
Fat	1g	Protein	5g