

# Ispanak Smoothie

Nutritious spinach smoothie with banana and yogurt. Ready in 5 minutes! Packed with protein, vitamins, and antioxidants for energy and health.

10 min

HAZIRLIK

10 min

TOPLAM

1

PORSIYON

Easy

ZORLUK

Ispanak Smoothie

## Malzemeler

- 0.5 cup almond milk
- 0.5 cup plain yogurt
- 3 cup spinach
- 2 banana
- 1 tsp honey

## Yapılışı

- Prepare the base**

Pour 0.5 cup milk into blender first. Add 3 cups fresh spinach leaves and blend on high speed for 60-90 seconds until completely smooth with no visible leaf pieces.
- Add 2 frozen banana pieces and 0.5 cup Greek yogurt to the blender. Blend on high speed for 45-60 seconds until mixture is thick and creamy with no banana chunks remaining.**
- Add 1 teaspoon honey to the mixture and pulse 3-4 times to incorporate. Taste and add more honey if you prefer additional sweetness.**
- Final blend and serve**

Blend on low speed for 15 seconds to ensure all ingredients are fully combined and smooth. Pour immediately into a glass and serve.

## İpuçları

Use frozen bananas instead of fresh ones to create a naturally thick, creamy texture without needing ice, which can water down the flavor.

Start your blender with the liquid ingredients first, then add spinach, and finish with frozen fruits to ensure even blending and prevent the blades from getting stuck.

If you're new to green smoothies, begin with just one cup of spinach and gradually increase to three cups as your taste buds adjust to the vegetable content.

Add a squeeze of fresh lemon juice to brighten the flavors and help preserve the vibrant green color by preventing oxidation.

For the creamiest results, blend the spinach and milk first until completely smooth, then add the remaining ingredients and blend again.

Freeze spinach in ice cube trays with a little water or milk for convenient single-serving portions that blend easily and keep your smoothie cold.

If your smoothie tastes too earthy, balance it with naturally sweet additions like dates, a touch of vanilla extract, or a small amount of honey.

Pre-portion all dry ingredients in freezer bags for quick morning smoothies – just add liquid and blend for an instant healthy breakfast.