

VitaMin



Vital health information in a minute

BERRY & FLAX SMOOTHIE

Yield: 1 serving

Total time: 5 minutes

Ingredients

- › 1 cup frozen mixed berries
- › 1 cup baby spinach
- › ½ cup plain nonfat yogurt
- › 2 teaspoons flaxseed oil

How to make it

1. Blend berries, spinach, yogurt and flaxseed oil in a blender until smooth, stopping to scrape down the sides and stir as needed.

Nutrition information

Amount per serving

Serving size: 1 cup

Per serving:

- › Calories: 216
- › Fat: 10 g
- › Saturated fat: 1 g
- › Fiber: 5 g
- › Carbohydrates: 28 g
- › Protein: 9 g
- › Folate: 73 mcg
- › Cholesterol: 2 mg

- › Sugars: 21 g
- › Added sugars: 0 g
- › Vitamin A: 2,822 IU
- › Vitamin C: 28 mg
- › Calcium: 294 mg
- › Iron: 1 mg
- › Sodium: 118 mg
- › Potassium: 575 mg

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