

## **Spinach, Banana & Mixed Berry Smoothie**

This smoothie is an excellent source of vitamins, minerals, and antioxidants. Spinach provides iron and folate, essential for energy and overall health. Bananas are a great source of potassium and fiber, while berries offer antioxidants that support immune health. Almond butter adds a dose of healthy fats and protein, making this smoothie a well-rounded, nourishing beverage.

### Ingredients:

- 1 cup fresh spinach
- 1 ripe banana
- 1 cup frozen mixed berries
- 1 tbsp almond butter
- 1 cup coconut water (or any dairy-free milk of your choice)

### Instructions:

1. Blend Ingredients: In a blender, combine the spinach, banana, frozen mixed berries, almond butter, and coconut water.
2. Blend until Smooth: Blend on high until everything is thoroughly mixed and the smoothie reaches your desired consistency.
3. Garnish and Serve: Pour the smoothie into a tall glass. If desired, garnish with a few fresh berries and a mint leaf on top.

Enjoy this delightful and quick smoothie, perfect for a healthy start to your day or a mid-afternoon snack!