

SPINACH & BLUEBERRY SMOOTHIE



Time
5 min



Servings
4

Calcium Recommended Daily Intake
46,5%

Calories

745

Calcium

633mg

Protein

36g

Vitamin D

84 IU

Ingredients

- 4 cups of spinach
- 2 cups of greek yoghurt
- 800ml of milk (low fat)
- 1 & 1/3 cup of frozen blueberries
- 4 whole bananas
- 2 cups of oats
- 4 tbsp of flaxseeds
- 8 tbsp of peanut butter
- A dash to taste of cinnamon

Instructions

1. To create a smooth consistency, begin by combining spinach, milk and Greek yogurt in your blender. Blend on high until the spinach is completely smooth.
2. Add remaining ingredients to the blender and blend on high until smooth.
3. Transfer smoothie to a glass and enjoy!



Find more calcium rich recipes:
<https://www.osteoporosis.foundation/patients/recipes>