

Healthy Shamrock Green Smoothie

★★★★★ 5 from 2 reviews

Enjoy a festive Shamrock Green Smoothie this St. Patrick's Day! Packed with nutritious fruits and veggies, this is a healthy smoothie that your kids will love drinking.

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Prep Time: 5 mins

Total Time: 5 mins

Yield: 2

Category: Breakfast

Method: Blender

Diet: Gluten Free



Ingredients

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- 2 bananas, frozen
- 1 green apple, core removed
- 2 cups water or milk (non-dairy if necessary)
- 1 cup plain Greek yogurt
- 2 handfuls spinach (about 1–2 cups)
- 1 teaspoon vanilla extract
- Honey to taste (optional)

Instructions

1. In a [blender](#), add all ingredients. Blend until smooth, adding more water if you want a thinner smoothie.
2. Adjust sweetness with additional honey, if desired.

Nutrition

Serving Size: 1 smoothie **Calories:** 337 **Sugar:** 37.2g **Sodium:** 85.7mg **Fat:** 7.8g **Saturated Fat:** 3.6g **Carbohydrates:** 54g **Fiber:** 6.1g **Protein:** 15.4g
Cholesterol: 18.5mg

Find it online: <https://www.momables.com/healthy-shamrock-green-smoothie/>

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