



## Blueberry Coconut Smoothie

*makes 1 serving*

### Ingredients

1 banana, ripe (ripe = sweet)  
1/2 cup frozen blueberries  
1/2 tsp vanilla  
1/2 cup milk  
1/4 cup unsweetened coconut shreds  
1/2 cup spinach, fresh



### Directions

1. Add all ingredients to a blender and blend until smooth. Due to the spinach and coconut shreds you may want to blend for 2-3 minutes.

Nutrition per Serving: Calories 337, Fat 14g, Carbs 51g, Fiber 8g, Sugars 130g, Protein 8g