

Green ginger smoothie

Makes 1 serving

½ frozen banana
2 cups kale or spinach
1 tablespoon lemon juice
½ cup pineapple
1 cup unsweetened soy milk
1 teaspoon minced ginger



Add all ingredients to blender and blend. You're done!

Modifications: sub dairy milk or other non dairy milk for soy milk. Sub mint or basil for ginger. Add frozen berries for added fiber and flavor.



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