

## Key lime smoothie

Makes 1 serving

1 cup almond milk  
1 frozen banana  
½ cup baby spinach  
1 tablespoon lime juice  
½ teaspoon vanilla extract  
1 medjool date, pitted



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

Modifications: top with graham cracker crumbles. Sub dairy milk or other non dairy milk like soy or oat milk for almond milk. Sub kale for spinach.



**University Health Center**  
*Student Affairs*  
**UNIVERSITY OF GEORGIA**

