

Mixed Berry Smoothie with Granola

Breakfast Smoothie Recipe¹ for busy athletes.

Nutritional Info (per serving): 344 calories, carbs 90g, fat 10g, protein 24g



Photo by Natalia Dwoniark on Unsplash

Ingredients (serves 1)

2/3 cup vanilla yogurt
1 banana
1 cup frozen berries
1 large handful spinach leaves
1/4 cup milk
1/4 cup Granola

Method

Layer yogurt, banana, frozen berries, spinach leaves, and milk into blender.
Blend until smooth.
Pour into a glass and top with granola.
Enjoy immediately.



GALLANACH

¹ Recipe by Rebecca Clyde at Nourish Nutrition Co