

# Supergreen Smoothie

Recipe by Jackie Topol, MS, RD, CSO, CDN  
Serves 1

*This delicious and filling smoothie is high in protein and fiber and rich in heart-healthy, anti-inflammatory greens!*

## Ingredients:

1 cup baby spinach  
1 cup chopped kale  
1/3 cup frozen mango  
1/2 frozen banana, sliced  
1 cup almond/rice/soy milk  
1/2 cup Greek yogurt  
1 cup ice

*Optional add-ins:* 1 tablespoon flax/chia/hemp seed or 1/2 tablespoon honey/agave nectar

## Directions:

1. Place all ingredients in a blender and blend until smooth!

Nutritional facts per serving: 260 calories, 3g fat, 15g protein, 46g carbohydrates, 6g fiber, and 260mg sodium

The Nourishing Kitchen program is funded by a NYP Patient Centered Care Grant  
If you have any questions during your stay and would like to speak to a Registered Dietitian please call 212-746-0850  
To make an appointment at our Outpatient Nutrition Practice please call 212-746-0838



— NewYork-Presbyterian Hospital  
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