



Chocolate and Banana Smoothie

 **Gluten Free**  **Dairy Free**

READY IN



5 min.

SERVINGS



2

CALORIES



282 kcal

MORNING MEAL

BRUNCH

BREAKFAST

BEVERAGE

Ingredients

- ☐ 0.5 cup baby spinach leaves
- ☐ 0.8 cup banana chunks frozen peeled (2 medium)
- ☐ 2 servings chocolate syrup
- ☐ 0.5 tablespoon milled flax seed
- ☐ 2 cups chocolate soy milk sweetened chilled
- ☐ 0.5 teaspoon vanilla extract

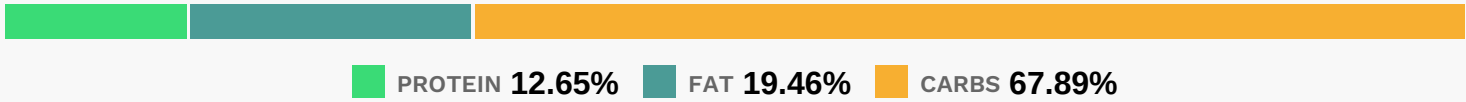
Equipment

- ☐ blender

Directions

- ☐ Watch how to make this recipe.
- ☐ In a blender, add about half the soy milk and the spinach. Puree until the spinach dissolves, about 30 seconds.
- ☐ Add the remaining soy milk, banana chunks, vanilla extract, flax seed, and chocolate syrup, if using, and blend until the mixture reaches a smooth consistency, another 30 seconds. Divide mixture between two chilled glasses with straws.
- ☐ Cook's Note: If the smoothie is looking a little too green from the spinach, add a squeeze of chocolate syrup to enhance the smoothie's brown color.

Nutrition Facts



Properties

Glycemic Index:76.1, Glycemic Load:8.67, Inflammation Score:-8, Nutrition Score:22.930000025293%

Flavonoids

Catechin: 3.43mg, Catechin: 3.43mg, Catechin: 3.43mg, Catechin: 3.43mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.54mg, Kaempferol: 0.54mg, Kaempferol: 0.54mg, Kaempferol: 0.54mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg

Nutrients (% of daily need)

Calories: 281.81kcal (14.09%), Fat: 6.1g (9.39%), Saturated Fat: 0.83g (5.16%), Carbohydrates: 47.91g (15.97%), Net Carbohydrates: 43.82g (15.94%), Sugar: 32.88g (36.53%), Cholesterol: 0mg (0%), Sodium: 153.9mg (6.69%), Alcohol: 0.34g (100%), Alcohol %: 0.13% (100%), Protein: 8.93g (17.85%), Vitamin B12: 2.55µg (42.48%), Vitamin B3: 8.38mg (41.92%), Vitamin E: 6.17mg (41.13%), Vitamin B6: 0.78mg (39.09%), Calcium: 350.81mg (35.08%), Vitamin K: 36.78µg (35.03%), Vitamin A: 1666.76IU (33.34%), Vitamin B2: 0.55mg (32.27%), Vitamin C: 24.08mg (29.19%), Copper: 0.57mg (28.54%), Folate: 103.64µg (25.91%), Manganese: 0.42mg (20.88%), Potassium: 681.29mg (19.47%), Vitamin D: 2.83µg (18.88%), Fiber: 4.09g (16.36%), Iron: 2.45mg (13.62%), Magnesium: 54.09mg (13.52%), Vitamin B1: 0.2mg (13.47%), Selenium: 7.07µg (10.1%), Phosphorus: 78.94mg (7.89%), Zinc: 1.06mg (7.06%), Vitamin B5: 0.22mg (2.16%)