

Find this recipe at: <https://greenvalleylactosefree.com/in-the-kitchen/recipes/spinach-mango-kefir-smoothie>

Spinach Mango Kefir Smoothie

Prep time: 5 minutes

Servings: 1

Spinach for breakfast? You'd never know. The banana in this recipe does the trick of providing silky sweetness, while gently toning down the spinach flavor. Topped off with the fresh, tropical sweetness of mango, this blend is like dessert for breakfast, but it's chock full of nutrients from protein, to calcium, probiotics and vitamins.

Submitted by Nancy Lorenz

Ingredients

1 cup Green Valley Creamery Lactose-Free Plain Whole Milk Kefir

1 cup fresh baby spinach

1 cup frozen mango chunks

1 ripe banana

Instructions

Place all ingredients in a blender (with crushed ice, if desired) and blend.