

# Banana Spinach Power Smoothie



## INGREDIENTS:

1 ripe banana  
1 cup fresh spinach leaves  
½ cup Greek yogurt  
½ cup almond milk (or any preferred milk)  
1 tablespoon chia seeds  
1 tablespoon honey (optional, for sweetness)  
Ice cubes (optional)

## INSTRUCTIONS:

1. Peel the banana and place it in a blender.
2. Add the fresh spinach leaves to the blender.
3. Spoon in the Greek yogurt.
4. Pour in the almond milk.
5. Add chia seeds to the mix.
6. If you prefer a sweeter taste, include honey to the ingredients.
7. Optionally, add ice cubes for a refreshing chill.
8. Blend all the ingredients until smooth and creamy.
9. Pour the smoothie into a glass and enjoy your nutrient-packed Banana Spinach Power Boost Smoothie!

