

CHOCOLATE BANANA

SERVES 1 • 10 MIN.

Ingredients:

6 oz. fat-free chocolate-flavored yogurt
1 banana 1 tablespoon flax seed
5 tablespoon wheat germ
5 ice cubes
splash of water
1-2 cups fresh spinach

Per Serving:

Calories: 385
Fat: 5g
Cholesterol: 2mg
Omega-3: 1792mg
Sodium: 267mg
Carbohydrates: 77g
Fiber: 10g
Sugar: 40g
Protein: 12g
Vitamin A: 86%
Vitamin C: 38%
Calcium: 22%
Iron: 19%
Magnesium: 49%
Zinc: 29%

Nutrition Notes:

Substitute enriched almond or soy milk in place of water to squeeze in even more nutrient-rich favor. If you really want to pack in the protein, opt for silken tofu. Even fat-free yogurts containing fruit can be very high in added sugar. Be sure to look for one with real fruit and be on guard for "light" yogurts, which often use artificial sweeteners.

Special Tools:

Blender

Preparation:

Take all ingredients and place in a blender. Hit the blend speed of your choice.

