



Recreation and
Wellness Center

UNIVERSITY OF COLORADO
COLORADO SPRINGS

INGREDIENTS

- 2-3 cups Spinach
- 2 cups Frozen Raspberries
- 1 cup Kefir
- ½ cup Greek Yogurt
- ½ cup Almond Milk
- 2 tsp Fresh Ginger, minced
- Fresh Mint Leaves
- Ice, as needed

DIRECTIONS

1. Add all ingredients except ice to blender. Blend until smooth.
2. If desired, add ice and blend until smooth.



Superfood Smoothie

Dairy-Free | Gluten Free | Vegetarian | Vegan

Yield:
2 Servings

Prep Time:
5 Min

Cook Time:
5 Min

NUTRITION FACTS

Calories:	Fat:	Carbohydrate:	Fiber:	Protein:
249 kcal	11 g	44 g	17 g	15 g