



# Recreation and Wellness Center

UNIVERSITY OF COLORADO  
COLORADO SPRINGS

## Superfood Smoothie

### Ingredients:

Makes about 2 servings

2-3 cups spinach

2 cups frozen raspberries

1 cup kefir

½ cup Greek yogurt

½ cup almond milk

2 tsp fresh ginger, minced

Several sprigs fresh mint (leaves only)

Ice, as needed



Nutritional info (per serving): Calories: 249, Fat: 11g, Protein: 15g, Carbohydrate: 44g, Fiber: 17g, Calcium: 434mg, Potassium: 900mg, Magnesium 115mg, Vitamin A: 39% DRI, Vitamin C: 79% DRI

### Directions:

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

Interested in learning more about nutrition and health? Call the Wellness Center at 255-4444 and schedule an appointment one of our dietitians.