

# Green Smoothie – Vegan – SOS

Prep Time: 5 minutes  
Total Time: 5 minutes

Serving Size: 2  
Calories per serving: 229  
Fat per serving: 4 grams

## Ingredients

- 1 cup spinach
- 1 cup kale
- 2 cups water, or unsweetened almond milk
- 1 cup frozen sliced banana
- 1 cup frozen blueberries
- 1 tablespoon flaxseed
- 

## Instructions

1. Blend together spinach, kale, almond milk, and flaxseed.
2. Add bananas and blueberries, and blend again.

## Notes

Nutrition facts (per serving): Calories: 229, from fat: 18, total fat: 4g, cholesterol: 0mg, sodium: 72mg, total carbohydrate: 47g, fiber: 9g, sugar: 6g, protein: 7g.