Smoothie

By Marissa Martorana, RDN

Ingredients:

- 8 oz. bottle cold Ensure Plus
- ½ cup Greek yogurt
- 1 handful of spinach
- 1 cup frozen blueberries
- 1 banana
- 2 Tbsp flax seeds
- 2 Tbsp almond butter
- Whipped cream

Directions:

- Blend ingredients together
- Top with whipped cream

This smoothie is high in calories and protein, and rich in antioxidants and phytochemicals!

Tips by Marissa Martorana, RDN

Notes

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