

# Cheryl's Spinach and Berry Smoothie

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## Cheryl's Spinach and Berry Smoothie

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Recipe submitted by: Cheryl Henson

This smoothie is so extra...extra packed full of greens!

Prep Time: 5 mins    Servings: 2

### What You'll Need:

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Baby Spinach (raw)	5 Cups
Frozen Berries (blueberry, strawberry, raspberry mix)	2 Cups
Banana	1
Almond Butter	2 Tbsp
Flax Seeds	2 Tbsp
Almond Milk	2 Cups
Field of Greens	2 Scoops
Ice Cubes	1/2 Cup

### Follow These Simple Steps:

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1. Place all the ingredients into a blender
2. Blend until smooth
3. Enjoy!

### NOTES:

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*New to using flax seeds in your diet? Just one tablespoon of flax seeds provide a good amount of protein, fiber and omega-3 fatty acids.*

## NUTRITIONAL FACTS

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*Serving: 1*

*Calories Per Serving: 354*

Protein	11g
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Fat	17g
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Carbohydrates	48.5g
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Sodium	75mg
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LET'S SEE YOUR RESULTS! Tag @brickhousenutrition on Instagram!