POWER BOOSTING FRUIT SMOOTHIE
WOLF WELLNESS LAB

**Ingredients**

1 banana
1 cup strawberries
1/2 cup greek yogurt (optional)
1 cup almond milk (optional)
1/2 cup juice of choosing
1/2 cup spinach

**Instructions**

Blend everything together until smooth. Adding a splash more milk/ juice if the smoothie is too thick for your blender to process well.

Enjoy!

**Nutritional Information**

- Calories 302
- Calories from Fat 117
- % Daily Value*
  - Fat 13g 20%
  - Saturated Fat 10g 63%
  - Sodium 22mg 1%
  - Potassium 970mg 28%
  - Carbohydrates 44g 15%
  - Fiber 3g 13%
  - Sugar 29g 32%
  - Protein 4g 8%
- Vitamin A 1940IU 39%
- Vitamin C 155.1mg 188%
- Calcium 64mg 6%
- Iron 3.2mg 18%

*Percent Daily Values are based on a 2000 calorie diet

**Additional Information**

- Prep time: 5 minutes
- Total time: 5 minutes

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