

Start Your Day With A Purple Power Boost!

Blackberry & Yogurt Breakfast Smoothie



Ingredients:

- 1 banana
- 2 cups spinach leaves
- 1 cup frozen blackberries
- 1 cup nonfat yogurt
- 1/2 cup fresh orange juice
- 1 teaspoon finely grated peeled ginger
- 1 teaspoon honey or light agave syrup (nectar)

Blend all the ingredients in a blender until smooth. Divide between glasses; serve immediately. Makes 2 servings.

1 serving contains: 290 Calories, 1 g fat, 0 g saturated fat, 5 mg cholesterol, 70 g carbohydrates, 11 g dietary fiber, 39 g total sugar, 9 g of protein, 70 mg of sodium.