


Ginger Berry Smoothie

Prep Time 5 mins
Total Time 5 mins
Meal Type Breakfast, Snack
Contributed By  DEBBIE DISHES
DIETITIAN OF HEALTHY RECIPE IDEAS
Source From [Dietitian Debbie](#)
Servings 2



Ingredients

lb,c g,ml

- 1/2 cup plain Greek yogurt
- 1 banana, *frozen*
- 1 1/2 cup mixed berries
- 1 in ginger, *peeled and chopped*
- 1 cup almond milk, unsweetened
- 1 Tbs almond butter

Directions

Make

1. Place all the ingredients in a blender and puree on high until smooth. Add additional almond milk too thin if mixture is too thick to drink with a straw.

Notes

Debbie is the Registered Dietitian and writer behind the blog, Dietitian Debbie Dishes where you'll find healthy, seasonal, vegetarian recipes!

Source: Nutrient data for this listing was provided by USDA Food Composition Database. Each "-" indicates a missing or incomplete value.

Nutrition information for recipes is calculated by retrieving and compiling individual food data from the USDA database. Factors such as brand selection, size of produce, and preparation can change nutrition information in any recipe. We offer this information as an estimate only.

Nutrition Facts		Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
Calories per serving	215	Total Fat 6.1g	9%	Total Carbohydrates 37g	12%
		Saturated Fat 0.5g	2%	Dietary Fiber 7g	29%
		Trans Fat 0.0g		Total Sugars 13g	
		Cholesterol 1mg	0%	Protein 5g	
		Sodium 139mg	6%		
		Vitamin D 2mcg 19% · Calcium 378mg 37% · Iron 1mg 7% · Potassium 467mg 9%			

* The percent Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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