Pineapple-Citrus Green Smoothie

Source: Dr. Neal Barnard’s Cookbook for Reversing Diabetes by Neal Barnard, MD; recipe by Dreena Burton

Start your day off strong with a green smoothie!

About the Recipe

152 Calories · 3 g Protein · 6 g Fiber
Smoothie
Gluten-free · Nut-free

If using a plant-based protein powder, be sure to pick one that is gluten and/or nut free if you have an allergy.

Ingredients

Makes 2 Servings

- 2 c (60 g) baby spinach, loosely packed, see note
- 1 1/2 c (248 g) frozen pineapple cubes or chunks
- 1/2 c (52 g) cucumber, thickly sliced
- 1 large lemon or small orange, peeled
- 1 cup overripe banana, frozen or fresh, sliced
- 1 1/4 c (300 mL) or more to thin as desired water
- 2 tbsp (30 mL) vanilla plant-based protein powder **optional*
- 2 tsp (10 mL) pure maple syrup or a pinch of stevia, to sweeten, if desired, see banana note
- 1 tbsp (15 mL) hemp seeds, optional

Directions

1. Combine the spinach, pineapple, cucumber, lemon, banana, and water in a blender, along with any optional add-ins. Puree until very smooth, adding more

water as needed to puree. Taste, and if you’d like it sweeter, add sweetener of choice. Reserve extra ingredients for future use.
2. Spinach Note: Kale or collard greens can easily be substituted for the spinach, though they have a much stronger flavor than spinach. If you are new to green smoothies, start with just a cup of kale or collards, and then adjust to taste as you go.
3. Banana Note: Use overripe (freckled) bananas. Not only are they more digestible, they also offer a great deal of natural sweetness. If the bananas aren’t particularly overripe, you may want to add a touch of maple syrup to sweeten the smoothie.

Nutrition Facts

Per serving

Calories: 152
Protein: 3 g
Carbohydrate: 39 g
Sugar: 23 g
Total Fat: 1 g
Calories from Fat: 4%
Fiber: 6 g
Sodium: 33 mg