

# 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
- 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.&nbsp;

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