

Healthy Delicious Green Smoothie

A Refreshing, Creamy Smoothie That Makes Eating More Greens Easy

Starting your day with a green smoothie is one of the easiest ways to nourish your body without spending hours in the kitchen. While some people think green smoothies taste grassy or bitter, this recipe is anything but. Sweet banana and juicy mango naturally balance the fresh spinach, creating a creamy, refreshing drink that's packed with vitamins, minerals, fiber, and protein.

Whether you're rushing out the door in the morning, looking for a healthy afternoon snack, or trying to add more fruits and vegetables to your diet, this smoothie delivers both great taste and excellent nutrition. The avocado creates a silky texture while providing heart-healthy fats, and Greek yogurt adds satisfying protein to help keep you feeling full for hours.

If you're new to green smoothies, this is the perfect recipe to start with. It's naturally sweet, incredibly creamy, and a delicious reminder that healthy eating doesn't have to be boring.

Why You'll Love This Recipe

- Naturally sweet with no refined sugar
- Packed with leafy greens
- Rich in protein and fiber
- Ready in just 5 minutes
- Creamy, refreshing, and satisfying
- Perfect for breakfast or a healthy snack

Prep Time

5 minutes

Cook Time

0 minutes

Total Time

5 minutes

Servings

2 smoothies

Ingredients

- 2 cups fresh baby spinach
- 1 frozen ripe banana
- 1 cup frozen mango chunks
- $\frac{1}{2}$ ripe avocado
- $\frac{3}{4}$ cup plain nonfat Greek yogurt
- 1 cup unsweetened almond milk
- 1 tablespoon chia seeds
- 1 teaspoon pure vanilla extract
- Juice of $\frac{1}{2}$ lemon
- $\frac{1}{2}$ teaspoon fresh grated ginger (optional)
- $\frac{1}{2}$ cup ice cubes (optional)

Instructions

1. Pour the almond milk into a high-powered blender.
2. Add the spinach, frozen banana, frozen mango, avocado, Greek yogurt, chia seeds, vanilla, lemon juice, and ginger.

3. Blend for 60–90 seconds until completely smooth and creamy.
4. Add ice cubes if you'd like a thicker, colder smoothie and blend again.
5. Pour into two glasses and enjoy immediately.

Recipe Tips

- Freeze ripe bananas ahead of time for the creamiest texture.
- Blend the spinach and almond milk first for an extra-smooth consistency.
- Use frozen fruit instead of ice for a richer flavor.
- Add a scoop of vanilla protein powder for an even more filling meal.
- Garnish with a slice of kiwi or a sprinkle of chia seeds for a beautiful presentation.

Nutrition Facts

Per Serving (Approximate)

Nutrient	Amount
Calories	255
Protein	16 g
Carbohydrates	30 g
Dietary Fiber	8 g
Total Sugars	18 g
Added Sugar	0 g
Total Fat	9 g
Saturated Fat	1.5 g
Cholesterol	5 mg
Sodium	125 mg
Potassium	760 mg

Nutrient	Amount
Calcium	25% DV
Iron	12% DV
Vitamin A	95% DV
Vitamin C	90% DV
Vitamin K	140% DV
Folate	35% DV

Health Benefits

Packed with Nutrient-Rich Greens

Spinach is loaded with vitamins A, C, and K, along with folate and iron, making it an excellent way to increase your daily vegetable intake.

Supports Digestive Health

Spinach, mango, banana, avocado, and chia seeds provide plenty of fiber to help support healthy digestion and promote fullness.

High in Protein

Greek yogurt provides high-quality protein that can help support muscle health and keep hunger under control between meals.

Heart-Healthy Fats

Avocado and chia seeds contain healthy unsaturated fats that support heart health and contribute to a creamy, satisfying texture.

Naturally Energizing

This smoothie combines complex carbohydrates, healthy fats, and protein to provide steady energy without the crash that often follows sugary breakfasts.

Variations

Tropical Green Smoothie

Replace the mango with frozen pineapple and add a few tablespoons of unsweetened coconut flakes.

High-Protein Version

Add one scoop of vanilla protein powder and a little extra almond milk.

Dairy-Free

Use a plain dairy-free yogurt instead of Greek yogurt.

Extra Greens

Add a handful of kale along with the spinach for an even bigger nutritional boost.

Storage

This smoothie is best enjoyed immediately after blending. If you have leftovers, store them in an airtight jar in the refrigerator for up to 24 hours. Shake well before drinking, as natural separation may occur.

Frequently Asked Questions

Can I taste the spinach?

Not much. The sweetness of the banana and mango helps create a smooth, fruity flavor that masks the spinach remarkably well.

Can I make this smoothie ahead of time?

Yes. Blend it the night before and refrigerate it in a sealed container. Shake well before serving.

Can I freeze this smoothie?

Yes. Freeze it in individual freezer-safe containers for up to one month. Thaw overnight in the refrigerator and blend briefly if needed.

Is this smoothie good for breakfast?

Absolutely. With protein, fiber, healthy fats, and plenty of vitamins and minerals, it's a balanced breakfast that can help keep you satisfied and energized throughout the morning.