Pineapple Protein Green Smoothie
Serves: 2
Modified from: www.Self.com

Items Needed: cutting board, knife, measuring cups, measuring spoons, blender

Ingredients:
- 2 small bananas, fresh or frozen, cut into chunks
- 2 cups loosely packed spinach leaves
- 1 cup plain 2-percent-fat Greek yogurt
- 1 cup frozen pineapple chunks
- 1 cup unsweetened almond milk
- ¼ cup pistachios
- ½ teaspoon vanilla extract

Directions:
1. In a blender, puree all ingredients until smooth.
2. Divide evenly between 2 (12-ounce) freezer-safe jars with airtight lids.
3. Freeze up to 3 months. Thaw in fridge overnight and shake well before serving.

Nutrition Information (per 1 smoothie):
Calories: 349  Fat: 11 g  Carbs: 49 g  Protein: 18 g  Fiber: 8 g  Sodium: 214 mg