

Smoothie with Spinach, Berries, and Chia Seeds

This simple and nutrient-dense smoothie combines antioxidant-rich berries, iron-packed spinach, and fiber-filled chia seeds for a healthy meal or snack. The recipe is highly customizable and can be adjusted to suit your taste or dietary needs.

Ingredients

- 1 cup mixed berries (fresh or frozen)
- 1 cup fresh baby spinach
- 1 tablespoon chia seeds
- 1 cup milk of your choice (dairy, almond, oat, or soy)
- 1/2 ripe banana (optional, for added creaminess and sweetness)
- 1/2 cup Greek yogurt (optional, for extra protein and creaminess)
- 1 teaspoon honey or maple syrup (optional, to taste)
- A few ice cubes (optional, for a thicker, colder smoothie)

Instructions

1. **Combine ingredients:** Add all ingredients—berries, spinach, chia seeds, milk, and any optional add-ins—to a blender.
2. **Blend until smooth:** Start blending on a low speed to break down the frozen fruit and spinach, then increase to high until the mixture is smooth and creamy. This typically takes 30 to 60 seconds.
3. **Adjust consistency:** If the smoothie is too thick, add a little more milk. For a thinner smoothie, or if using fresh berries, add a few ice cubes to thicken it.
4. **Serve immediately:** Pour the smoothie into a glass and enjoy right away for the best flavor and texture.

Customization and substitutions

- **For more protein:** Add a scoop of your favorite protein powder or 1/2 cup of Greek yogurt.
- **For more healthy fats:** Blend in 1 tablespoon of almond butter, peanut butter, or avocado.
- **To replace banana:** If you prefer not to use bananas, you can get a creamy texture by using frozen mango, avocado, or silken tofu.
- **Boost the greens:** For an extra nutritional kick, consider adding a handful of kale along with the spinach.
- **Add spice:** A small piece of fresh ginger can add a refreshing, anti-inflammatory kick.