Blueberry Green Drink

Ingredients:
1 cup frozen blueberries
½ avocado
2 cups raw spinach
2 tablespoons lemon juice
½ to 1 cup water
A few drops of liquid Stevia to sweeten as desired

Directions: Put all ingredients in blender and blend until smooth. Add water as necessary to get the consistency you like.

Makes 1 serving. Nutrition per serving:
Carbohydrate: 15.5 g.
Fiber: 6 g.
Net Carbohydrate: 9.5 g.
Protein: 2.19 g.
Fat: 7.83 g.

Other possibilities: add yogurt for more protein and a tangy taste; add chia seeds for healthy fats, more fiber and better hydration and energy; Add carrots for supporting eye health and adding a sweet flavor without using fruit or sugar.

Blended drinks keep the fiber and this helps to balance blood sugar. Choose whole fruits and vegetables or blended fruit/vegetable drinks over juice to maintain a healthy blood sugar.

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