



# Spinach and banana yogurt

5'

Hands on

2

Portion(s)

1

Difficulty



## Method

- Peel the banana, cut it into pieces, and add it into a blender.
- Add the spinach, the salt, and the vinegar. Beat for 1 minute until all the ingredients are dissolved. Transfer the mixture into a bowl.
- Add the yogurt and mix until there is a green, uniform mixture.
- Serve with banana slices.

## Ingredients

- 1 banana + extra slices, to serve
- 250 g fresh spinach, cleaned
- 1 pinch salt
- 1 teaspoon white wine vinegar
- 200 g strained yogurt

## Διατροφικός πίνακας

Nutrition information per portion

166 Calories (kcal)	4.0 Total Fat (g)	2.1 Saturated Fat (g)	20.0 Total Carbs (g)
8%	6%	11%	8%
18.0 Sugars (g)	9.6 Protein (g)	5.6 Fibre (g)	0.88 Sodium (g)
20%	19%	22%	15%