

# SUPER PROBIOTIC GREEN MONSTER SMOOTHIE

## INGREDIENTS

- 2 cups packed spinach
- 1 cup kefir
- 2 tsp chia seeds
- 1 cup water
- 1 frozen banana (1 cup)
- 2 cups frozen blueberries

**SERVE: 2**

**TOTAL TIME: 5 MIN**

## INSTRUCTIONS

- Place the spinach, kefir, chia seeds, and water into the blender.
- Blend for 30 seconds, or until no green leaf chunks remain.
- Add banana and frozen blueberries, then blend until smooth.

**MAKE IT YOUR OWN BY  
SWITCHING THINGS UP!  
TRY THESE SUBSTITUTES  
FOR EACH INGREDIENT:**

- Kale
- Yogurt
- Ground Flax
- Strawberries
- Blackberries

## GUT BOOSTING BENEFITS

- Prebiotics: spinach, chia, blueberries
- Probiotics: kefir (2.4 trillion per cup!)
- Omega-3: chia seeds, spinach
- Polyphenols: blueberries
- Tryptophan: banana

Recipe adapted from  
[fifteenspatulas.com](https://fifteenspatulas.com)