



## Anti-Inflammatory Cherry-Spinach Smoothie

### Ingredients

- 1 cup plain low-fat kefir
- 1 cup frozen cherries
- ½ cup baby spinach leaves
- ¼ cup mashed ripe avocado
- 1 tablespoon salted almond butter
- 1 ( ½ inch) piece peeled ginger
- 1 teaspoon chia seeds, plus more for garnish

### Preparation

1. Place kefir in a blender. Add cherries, spinach, avocado, almond butter, ginger and chia seeds; puree until smooth. Pour into a glass; garnish with more chia seeds, if desired.

### Nutrition information

- Serving size: 1¾ cups
- Per serving: 410 calories; 20 g fat(4 g sat); 10 g fiber; 47 g carbohydrates; 17 g protein; 92 mcg folate; 13 mg cholesterol; 33 g sugars; 0 g added sugars; 3,532 IU vitamin A; 24 mg vitamin C; 479 mg calcium; 3 mg iron; 169 mg sodium; 1,163 mg potassium
- Nutrition Bonus: Vitamin A (71% daily value), Calcium (48% dv), Vitamin C (40% dv), Folate (23% dv)
- Carbohydrate Servings: 3
- Exchanges: 4 fat, 1½ fruit, 1 low-fat dairy