**Pineapple Protein Green Smoothie**

Serves: 2  
Taken from: self.com

**Items Needed:** cutting board, knife, measuring cups, measuring spoons, blender

**Ingredients:**

* **2** small bananas, fresh or frozen, cut in chunks
* **2** cups loosely packed spinach leaves
* **1** cup plain 2-percent-fat Greek yogurt
* **1** cup frozen pineapple chunks
* **1** cup unsweetened almond milk
* **¼** cup pistachios
* **½** teaspoon vanilla extract

**Directions:**

1. In a blender, puree all ingredients until smooth.
2. Divide evenly between 2 (12-oz) freezer-safe jars with airtight lids.
3. Freeze up to 3 months. Thaw in the fridge overnight and shake well before serving. Or serve immediately

**Nutrition Information (per 12oz of smoothie):**

Calories: 349 Fat: 11 g Carbs: 49 g Protein: 18 g Fiber: 8 g **Sodium:** 214 mg

Provide the above nutrition specs. If not provided from your recipe source, use USDA food composition database located at <https://ndb.nal.usda.gov/ndb/>

Recipes are sent to Lauren Battista and the demo kitchen at Giant Eagle with logos to be added by the Giant Eagle marketing group**. Ensure final proof before copies are made include the Medical Center logo, the Wellness Office logo and the Giant Eagle Market District logo, RD name and credentials doing the demo**.