



Makes 4 smoothies

Preparation Time: 10 minutes

INGREDIENTS:

3 bananas, cut up and frozen

½ cup unsweetened applesauce

1 tablespoon almond butter

1 teaspoon orange zest

¾ to 1 cup unsweetened,
unflavored plant-based milk

4 cups fresh spinach

2 kiwifruit, peeled and sliced

2 cups frozen blueberries

Ultimate Earth Day Smoothie

These groovy smoothies are a great treat to whip up for Earth Day, and they'll taste just as delicious any day of the year! The smoothie base, which features sweet **banana**, nutty almond butter, and citrusy orange zest, is divided into two parts and infused with differently colored fruits: The green mixture features kiwifruit and **spinach**, while the blue mixture is colored with juicy blueberries. Swirl them together in an Earth-like pattern, and be sure to use a clear glass so you can see the magical colors mix together! Top with a few extra spinach leaves for a cute, earthy garnish.

For more inspiration, check out these tasty ideas:

- [Pineapple Ginger Smoothie](#)
- [Berry-Banana Smoothie Bowls](#)
- [Strawberry Chia Seed Pudding](#)
- [Millet and Kabocha Squash Breakfast Parfaits](#)

By Nancy Macklin, RDN

- 1** In a blender combine bananas, applesauce, almond butter, and orange zest. Cover and blend until smooth, gradually adding milk as needed (about ½ cup).
- 2** Pour half of the smoothie into a large measuring cup. Add spinach and kiwis to the remaining smoothie mixture in blender. Cover and blend until smooth. Pour green smoothie into a second measuring cup. Return reserved plain smoothie to blender; add blueberries. Cover and blend until smooth, gradually adding the remaining milk as needed.
- 3** Alternately pour the green and blue smoothie mixtures into tall clear glasses.