

# Zucchini Smoothie



*Serves 2*



*10 minutes*



*Summer*



*Zucchini*



## INGREDIENTS:

- 4 handfuls of spinach
- 1 cup of milk
- 1 frozen zucchini
- ½ banana
- 1 cup of ice
- 1/4 avocado (optional)
- 1/2 tsp of honey (optional)

## METHOD:

1. Place all ingredients in a blender.
2. Blend on high speed until everything has been well combined.
3. The consistency should be smooth and creamy. Add more milk to make it thinner.  
Add more banana to make it thicker.
4. Pour into a glass and enjoy your zucchini smoothie!

## TIPS:

- To freeze zucchini: Chop the zucchini into small cubes. Place the cubes in a parchment paper lined baking tray. Place in freezer for 2-3 hours.
- Note: Freezing zucchini before blending can make the smoothie thicker.
- Use riper bananas for a sweeter taste. You can also use frozen banana.
- Add honey, vanilla, cinnamon, or fruit if the taste is too bitter.
- To make this recipe vegan, use non-dairy milk such as almond, soy or oat milk and replace honey with Medjool dates or maple syrup.
- Leftover veggie scraps can be composed.
- Serve alongside a meal to get extra veggies in or use as a delicious snack.
- You can also make a smoothie bowl using the same ingredients. Make sure to reduce the quantity of milk. Some toppings you can try include:
  - Granola or muesli
  - Fruits like berries or slices of banana
  - Nuts like almond or cashew
  - Seeds like chia seeds, flaxseeds or pumpkin seeds
- This recipe counts as 1 serve of veggies, 1-1.5 serves of fruit and 0.5 serve of dairy.

Share it with us!



@foodfromh0me



*This recipe was developed by the Baker Heart and Diabetes Institute and supported by Enliven Victoria.*