

Zucchini Bread Smoothie

Prep Time 10 mins
 Total Time 10 mins
 Meal Type Breakfast, Snack
 Contributed By



Source Living Plate Teaching Kitchen

Servings 1



Ingredients

lb,c g,ml

- 8 walnuts, raw
- 1/2 zucchini, *chopped and frozen*
- 1/2 banana, *frozen*
- 1/4 tsp cinnamon
- 1 tsp orange zest, *zested*
- 1/2 cups kale, frozen (or spinach)
- 1 tsp ginger root, *grated*
- 1 1/2 cups unsweetened almond milk
- 2 dates, *pitted and chopped*

Directions

Prep

1. Chop zucchini and kale.
2. Grate ginger or use frozen cube.
3. Zest orange for 1 teaspoon of zest.

Make

1. Add liquid first and then the rest of the ingredients to your blender and process until smooth.

Source: Nutrient data for this listing was provided by USDA Food Composition Database. Each "-" indicates a missing or incomplete value.

Nutrition information for recipes is calculated by retrieving and compiling individual food data from the USDA database. Factors such as brand selection, size of produce, and preparation can change nutrition information in any recipe. We offer this information as an estimate only.

Nutrition Facts	Amount/serving		% Daily Value*	
Calories 365 per serving	Total Fat 14.2g		Total Carbohydrates 61g	20%
	Saturated Fat 1.4g	6%	Dietary Fiber 9g	34%
	Trans Fat 0.0g		Total Sugars 44g	
	Cholesterol 0mg	0%	Protein 7g	
	Sodium 295mg	12%		
Vitamin D 4mcg 39% · Calcium 824mg 82% · Iron 3mg 14% · Potassium 1089mg 23%				

* The percent Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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