**Green Up! Potato Smoothie**



**Description:** Green up with this potato powered green smoothie!

**Recipe by:** Anthony Zamora, RD (Created exclusively for Potatoes USA)

**Website Link:** <https://www.potatogoodness.com/recipes/green-up-potato-smoothie/>

**Prep time:** 2 Minutes

**Cook time:** 30 Seconds

**Ready time:** 2 Minutes and 30 Seconds

**Potato type used:** Dehydrated Potato Flakes

**Serves:** 1 (1 smoothie is 16 ounces)

**Prep Method** (i.e. grilled, roasted, boiled, etc.): Blended

**Course:** Pre-Workout, Post-Workout

**Ingredients:**

* 2 cups spinach
* ½ cup dehydrated potato flakes
* 1 cups orange juice
* ½ banana
* 1 cup frozen pineapple
* 1 scoop of your favorite protein powder (e.g. vanilla)

**Preparation:**

1. Combine all ingredients in a blender. You may add more liquid (orange juice or water) to reach desired consistency.
2. Top smoothie with toppings of your choice, including flax seeds, toasted coconut chips or berries.

**Nutrition:**

**Per serving (1 smoothie)**: Calories 466, Fat: 3 g, Cholesterol: 60 mg, Sodium: 127 mg, Carbohydrates: 86 g, Fiber: 7 g, Potassium: 732 mg, Protein: 31 g, Vitamin C: 240 mg