

# Zucchini Smoothie with Walnuts

Prep Time 10 mins  
 Total Time 10 mins  
 Meal Type Breakfast, Snack  
 Contributed By **LivingPlateRx**  
 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 cup kale, frozen (or spinach)
- 1 tsp ginger root, *grated*
- 1 1/2 cups unsweetened almond milk
- 1 scoop Protein Power

## 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*	Amount/serving	% Daily Value*
	<b>Total Fat</b> 14.1g		21%	<b>Total Carbohydrates</b> 31g
Saturated Fat 1.4g		6%	Dietary Fiber 9g	37%
Trans Fat 0.0g			Total Sugars 12g	
<b>Calories</b> 352	<b>Cholesterol</b> 5mg	1%	<b>Protein</b> 30g	
<b>per serving</b>	<b>Sodium</b> 415mg	18%		
	Vitamin D 4mcg 39% · Calcium 968mg 96% · Iron 3mg 14% · Potassium 855mg 18%			

\* 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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