

Green Smoothie

Prep time: 10 minutes | Serving Size: 1 Smoothie | Number of Servings: 4



Ingredients

- 1 frozen banana
- 1 cup pineapple/orange juice
- 1 cup low-fat plain or vanilla yogurt
- 2 cups fresh spinach or kale

Directions

1. Peel banana, break into chunks and put in freezer for at least 2 hours.
2. Wash spinach or kale well. Discard stems.
3. Pour pineapple/orange juice into blender and add frozen banana chunks.
4. Add yogurt and spinach (or kale) to blender.
5. Put lid on top of blender and blend for 1 or 2 minutes. Pour into glasses and serve.

Food \$ense Tips

If your fruit is getting too ripe, don't throw it in the garbage. Instead, throw it in the freezer and use them in a smoothie another day!

Kids love green smoothies and they are a great way to add both fruit and vegetables to your diet. Try them at your next party and let guests make their own healthy, colorful treats.



Nutrition Facts (Serving size: 1 cup): **Calories** - 90; **Protein** - 4g; **Carbohydrate** - 20g; **Total Fat** - 0g; **Saturated Fat** - 0g; **Fiber** - 1g; **Sodium** - 50mg; **Vitamin C** - 60%; **Vitamin A** - 35%; **Iron** - 4%; **Calcium** - 10%