

# It's Easy Being Green Smoothie

Trying to get your family to eat more fruits and vegetables? Try this power-packed smoothie as a simple snack or brain-boosting breakfast.

Serves 6



## Ingredients

- 2 cups spinach or kale
- 2 cups orange juice
- 1 cup plain low-fat yogurt
- 1 cup frozen strawberries
- 2 bananas

## Nutrition Facts

Serving Size About 1 Cup  
Servings Per Recipe 6

Amount Per Serving

**Calories 110**      **Calories from Fat 5**

% Daily Value\*

**Total Fat 0.5g**      **1%**

Saturated Fat 0g      **0%**

Trans Fat 0g

**Cholesterol 5mg**      **2%**

**Sodium 40mg**      **2%**

**Total Carbohydrate 23g**      **8%**

Dietary Fiber 2g      **8%**

Sugars 17g

**Protein 3g**

Vitamin A 20%      • Vitamin C 70%

Calcium 8%      • Iron 2%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		Calories:	2,000	2,500
Total Fat	Less than	65g	80g	
Saturated Fat	Less than	20g	25g	
Cholesterol	Less than	300mg	300mg	
Sodium	Less than	2,400mg	2,400mg	
Total Carbohydrate		300g	375g	
Dietary Fiber		25g	30g	

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Please note: nutritional values are approximate.

## Directions

1. Combine all ingredients in a bowl.
2. Pour mixture into blender and puree until smooth.

