

Green Smoothie

Ingredients:

- 2 cups fresh spinach
- 3/4 cup orange juice
- 3/4 cup water (or ice)
- 2 bananas
- 1 cup strawberries, frozen
- 1 cup blueberries, frozen

Equipment:

- Measuring cups
- Blender

Number of Servings: 5

Prep Time: 5 minutes

Total time: 10 minutes

Directions

1. Rinse spinach and place in blender. Add orange juice and water (if using ice, add last) and blend for 30 seconds or until combined.
2. Add bananas and blend until smooth.
3. Add strawberries and blueberries a little at a time, blending well after each addition.
4. If you want a more frozen treat, add ice (in place of water) at the end.

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Nutrition Facts

Serving Size: 1 cup

Servings: 5

Amount Per Serving

Calories 88

Calories from Fat 9

%Daily Value*

Total Fat 1g **1%**

Saturated Fat trace **1%**

Cholesterol 0mg **0%**

Sodium 12mg **1%**

Potassium 403mg **12%**

Total Carbohydrate 22g **7%**

Dietary Fiber 3g **12%**

Protein 1g **3%**

Vitamin A 19% Vitamin C 78%

Iron 4% Calcium 2%

*Percent Daily Values are based on a 2,000 calorie diet.

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