











**GREEN SMOOTHIE** (page 1)

STEPS	INGREDIENTS	PROCEDURES
<p><b>1</b></p>	 <p><b>1/2 cup fresh spinach or other leafy greens, packed</b></p>  <p><b>1/2 cup measuring cup</b></p>	<p>Tightly pack leafy greens in a measuring cup.</p> 
<p><b>2</b></p>	 <p><b>blender</b></p>  <p><b>1 cup water</b></p>  <p><b>9 frozen mango chunks</b></p>  <p><b>10 pineapple chunks, frozen or canned</b></p>  <p><b>1 ripe banana, frozen or fresh cut into chunks</b></p>	<p>Toss greens into a blender, add water and blend together until leafy chunks are gone.</p>  <p>Add mango chunks, blend. Add pineapple chunks, blend &amp; add banana chunks, blend.</p>  <p>(use at least one frozen fruit to chill your smoothie. All frozen fruit is best.)</p>

# Nutrition Facts

2 servings per container

**Serving size** 1 cup

Amount per serving

**Calories** 300

% Daily Value\*

**Total Fat** 0.5g 1%

Saturated Fat 0g 0%

Trans Fat 0g

**Cholesterol** 0mg 0%

**Sodium** 55mg 2%

**Total Carbohydrate** 76g 28%

Dietary Fiber 9g 32%

Total Sugars 53g

Includes 0g Added Sugars 0%

**Protein** 3g

Vitamin D 0mcg 0%

Calcium 105mg 8%

Iron 3mg 15%

Potassium 577mg 10%

\*The % Daily Value 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.