



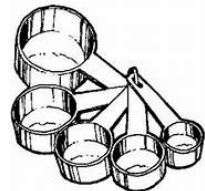

# Green Smoothie

Makes 2 Servings

Nutrients Per Serving:


100 Calories | 0g Fat (0g Saturated) | 25g Carbohydrates | 0g Added Sugar | 1g Protein | 10mg Sodium | 3g Fiber

## Equipment Needed

 <p>Blender</p>	 <p>Liquid measuring cup</p>	 <p>Dry measuring cups</p>	 <p>Rubber spatula</p>
--	---	--	---







## Ingredients Needed

*\*Brand names that may be used in this recipe are not intended to endorse brands. Use any brand of your choice.\**

 <p>1/2 cup packed fresh or frozen spinach</p>	 <p>1/2 cup water</p>	 <p>2-3 chunks frozen mango</p>	 <p>2-3 chunks canned or frozen pineapple</p>	 <p>1 banana broken up fresh or frozen</p>
--	---	---	---	--

## Directions

(Tbsp = tablespoon, tsp = teaspoon)

<p>1</p>  <p>Wash hands.</p>	<p>2</p>  <p>Tightly pack spinach in a 1/2 cup measuring cup.</p>	<p>3</p>  <p>Add 1/2 cup water to your blender.</p>	<p>4</p>  <p>Add 1/2 cup packed spinach to the blender.</p>	<p>5</p>  <p>Add mango chunks and blend slightly. Add pineapple chunks and banana chunks and blend.</p>	<p>6</p>  <p>Add more water to the blender if too thick and blend again. Enjoy!</p>
---	--	--	--	---	--