



Power Smoothie

4 servings

Fruits and veggies make this smoothie a good source of fiber. Adults should aim to consume 25-30 grams of fiber per day.

1 to 1 ½ cups fresh spinach

2 cups pineapple, mixed berry, or other 100% juice

1 banana

1 ½ cups frozen mixed berries

1 (6 ounce) container low-fat yogurt

1 cup ice



- 1. Wash hands with soap and water.
- 2. Gently wash spinach under cold running water. If spinach is marked "pre-washed" or "ready-toeat", use the spinach without further washing.
- 3. Place spinach in blender with juice. Blend thoroughly.
- 4. Add remaining ingredients and blend.
- 5. Store leftovers in a sealed container in the refrigerator for up to four days.

Nutrition Information per Serving: (1/4 of recipe) Calories 150, Total Fat 1g, Saturated Fat 0g, Cholesterol 3mg, Sodium 40mg, Total Carbohydrate 34g, Dietary Fiber 3g, Sugars 23g, Protein 4g, Vitamin A 6%, Vitamin C 125%, Calcium 12%, Iron 7%.

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