



WESTERN WISCONSIN HEALTH

GREEN SMOOTHIE

- 2 C. frozen or fresh blueberries
- 1 banana, frozen - if you like your smoothie very cold and thick
- 2 large handfuls of fresh spinach (or more if you want the smoothie very green)
- 1/2 to 1 C. water - thin to your taste

Nutrition Facts

Serving Size (335g)
Servings Per Container

Amount Per Serving

Calories 150 **Calories from Fat** 5

% Daily Value*

Total Fat 1g **2%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 30mg **1%**

Total Carbohydrate 38g **13%**

Dietary Fiber 6g **24%**

Sugars 23g

Protein 3g

Vitamin A 60% • Vitamin C 50%

Calcium 4% • Iron 8%

*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

Place spinach, banana, blueberries and water in a blender. Blend until smooth and creamy. Makes about 3 1/2 to 4 cups.

Optional: Add plain Greek yogurt for more protein and creamy/thick consistency.

NUTRITION FACTS: Serving size: 2 cups per serving