

POWER-PACKED SMOOTHIE

Ingredients

- 1 ripe banana
- 1½ cups frozen berries
- 1/3 cup frozen pineapple
- 1/2 cup spinach, firmly packed
- 1/4 cup kale, loosely packed
- 1½ cups milk – regular, almond, coconut, etc.



Instructions

Place all the ingredients into a blender and blend for 1-2 minutes on high or until completely blended. If you need to I would add 1/2 cup of additional milk to this smoothie down so they have an easier time drinking it if you are serving a toddler or an older adult.

Serve and enjoy.

Nutrition

Serving: 16 oz

servings | Calories: 124kcal | Carbohydrates: 22g | Protein: 5g | Fat: 3g | Saturated

Fat: 1g | Cholesterol: 8mg | Sodium: 58mg | Potassium: 291mg | Fiber: 3g | Sugar: 15g | Calcium: 126mg | Iron: 1mg



Recipe brought to you by the Food Bank of the Rio Grande Valley
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