

Simple Green Smoothie

Makes: 2 Servings

Ingredients

- 1 cup kale or spinach
- 1 banana, medium
- 1 cup low fat milk (or optional coconut milk or almond milk)
- 1 cup plain yogurt
- 1 apple, medium (cored and sliced)
- 1 cup frozen fruit (all one fruit or a combination of mixed frozen fruit)
 - flax seeds, 1 Tablespoon (optional)
 - chia seeds, 1 Tablespoon (optional)

Directions

1. In a blender, blend the kale or spinach and the liquid of your choice.
2. Add in the rest of the ingredients, blending after each item.
3. Serve and enjoy, cold.
4. Reserve the leftover smoothie in the refrigerator for later in the day or the next day.

Notes

Consume within 24 hours.

Northern Valley Catholic Social Service

Nutrition Information

Key Nutrients	Amount	% Daily Value*
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Total Calories	278	
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Total Fat	6 g	
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Protein	11 g	
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Carbohydrates	50 g	
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Dietary Fiber	7 g	
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Saturated Fat	3 g	
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Sodium	120 mg	
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*Percent Daily Values are based on a 2,000 calorie diet.

MyPlate Food Groups

Fruits	1 3/4 cups
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Vegetables	1/4 cup
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Dairy	1 cup
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