Fruit Smoothie with spinach or kale

Ingredients (makes 6 servings, serving size: 1 cup)

- 3 cups Frozen strawberries or other frozen fruit
- 1 banana
- 1 cup Yogurt (plain or vanilla)
- 1 handful Spinach or kale (optional)
- 2 cups milk

FOOD WISE
Extension
UNIVERSITY OF WISCONSIN-MADISON
WAUKESHA COUNTY
515 W Moreland Blvd.
Administration Center Rm G22, Waukesha WI 53188
Phone: 262-548-7877
Para más información español comuníquese con 262-548-7882
waukesha.extension.wisc.edu

Directions

1. Wash fresh produce.
2. Collect and measure all ingredients before starting to prepare the recipe.
3. Add the fruit, yogurt, and kale or spinach (if using) to the blender.
4. Pour the milk into the blender.
5. Blend for about 30 to 45 seconds until smooth.
6. Refrigerate leftovers within 2 hours. Drink within 2 days.

FoodWIse education is funded by the USDA Supplemental Nutrition Assistance Program– SNAP and Expanded Food and Nutrition Education Program – EFNEP. An EEO/AA employer, University of Wisconsin-Madison Division of Extension provides equal opportunities in employment and programming, including Title VI, Title IX, the Americans with Disabilities Act (ADA) and Section 504 of the Rehabilitation Act requirements.

Be creative! Add any fresh or frozen fruit to the smoothie.
If using only fresh fruit, you will need to add a few ice cubes before blending.
Be sure to wash fresh fruit before using.

Nutrition Information- Per serving

Calories	120	Total Sugars	11g	Sodium	70mg
Protein	5g	Total Fat	2g	Cholesterol	10mg
Carbohydrate	21g	Saturated Fat	1g	Fiber	2g