

Green Smoothies

Prep time: 10 minutes | Cooking time: 0 minutes | Number of servings: 4

- 1 frozen banana
- 1 cup pineapple/orange juice
- 1 cup low-fat plain or vanilla yogurt
- 2 cups fresh spinach or kale

Directions

1. Peel banana, break into chunks and put in freezer for at least 2 hours.
2. Wash spinach or kale well. Discard stems.
3. Pour pineapple/orange juice into blender and add frozen banana chunks.
4. Add yogurt and spinach(or kale) to blender.
5. Put lid on top of blender and blend for 1 to 2 minutes. Pour into glasses and serve.



Food Sense Tips

- If your fruit is getting too ripe, don't throw it in the garbage. Instead, throw it in the freezer and use it in a smoothie another day!
- Kids love green smoothies and they are a great way to add both fruit and vegetables to your diet. Try them at your next party. Let guests make their own healthy, colorful treat.

Nutrition Facts (Serving size 1 cup): Calories-90; Protein-4g; Carbohydrate-20g; Total Fat-0g; Saturated Fat-0g; Fiber-1g; Sodium-50mg; Vitamin C-60%; Vitamin A-35%; Iron-4%; Calcium-10%

Adapted from Washington State University Extension Food Sense

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Cook Together! Making Green Smoothies with Kids

- Green smoothies get their color from green, leafy vegetables, like spinach and kale. They may not sound very good to an adult, but they are tasty! Most of the flavor is from the fruit in the recipe. When greens are used raw and chopped finely the sweetness of fruit and yogurt becomes the main flavor.
- Easy Tasks:**
- Gather ingredients and equipment.
 - Wash fresh foods, drain, and pat dry.
 - Peel banana, break into chunks.
- Intermediate Tasks:**
- Remove stems from kale.
 - Place banana chunks in freezer and set timer.
 - Measure and place all ingredients into blender.
 - Place tightly fitting lid on blender.
- Difficult Tasks:**
- Turn blender on low speed for 20 seconds, then high speed for one minute.
 - Pour into four glasses and serve.



KID-TESTED FRUITS & VEGGIES

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