

Power Smoothie

4 servings

Fruits and veggies make this smoothie a good source of fiber. Adults should aim to consume 25-30 grams of fiber per day.

- 1 to 1 1/2 cups fresh spinach
- 2 cups pineapple, mixed berry, or other 100% juice
- 1 banana
- 1 1/2 cups frozen mixed berries
- 1 (6 ounce) container low-fat yogurt
- 1 cup ice



1. Wash hands with soap and water.
2. Gently wash spinach under cold running water. If spinach is marked "pre-washed" or "ready-to-eat", use the spinach without further washing.
3. Place spinach in blender with juice. Blend thoroughly.
4. Add remaining ingredients and blend.

Nutrition Information per Serving: (1/4 of recipe) Calories 150, Total Fat 1g, Saturated Fat 0g, Cholesterol 3mg, Sodium 40mg, Total Carbohydrate 34g, Dietary Fiber 3g, Sugars 23g, Protein 4g, Vitamin A 6%, Vitamin C 125%, Calcium 12%, Iron 7%.