

Shamrocks and Gold Smoothie

4 servings

Dairy foods like milk, cheese, and yogurt are rich in calcium, protein, and vitamins to help build strong bones and teeth. Eating dairy foods can lower your risk of developing a disease called osteoporosis that occurs when bones become weak and break easily. Calcium also keeps your nerves, heart, and muscles healthy, and may help regulate your blood pressure.

- 1/2 cup fresh spinach
- 2/3 cup 100% apple juice
- 2 cups frozen pineapple chunks, no sugar added
- 1 cup low-fat vanilla yogurt
- 1 banana, gently rubbed under cold running water



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 the apple juice and spinach leaves into a blender. Blend well.
4. Add remaining ingredients to the blender. Blend until smooth.

Nutrition Information per Serving: (1/4 of recipe) Calories 135, Total Fat 1g, Saturated Fat 0g, Protein 2g, Total Carbohydrate 31g, Dietary Fiber 2g Sodium 35mg

Recipe Source: Nebraska Extension