



Green Smoothie

Start your day with this refreshing green smoothie, packed with nutrient-rich spinach, sweet fruits, and a hint of citrus. It is a delicious and easy way to enjoy a healthy treat.

Yield: 8 servings

Serving Size:

1 cup

Ingredients:

- 1 cup orange juice
- 1/2 cup plain yogurt
- 4 cups fresh baby spinach, packed (5 oz container)
- 1 cup frozen pineapple chunks
- 1 green apple, chopped
- 2 bananas, frozen

Instructions:

1. Add orange juice and yogurt to a blender jar. Top with fresh baby spinach and blend until smooth.
2. Add the pineapple, apple, and bananas and blend until smooth. Add more juice (or water) to thin out the smoothie to your preference.
3. Serve immediately or store in an airtight container for up to a day to ensure maximum freshness, nutrition, and flavor.

Per serving: Calories 79 kcal, Carbohydrates 15.8 g, Protein 2.7 g, Sat Fat 0.5 g, Sodium 19mg, Added Sugars 3.3 g

Recipe source: <https://www.budgetbytes.com/green-smoothie/>



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