

Tropical Green Smoothie

Yield: 2 smoothies
Serving size: 1 smoothie



Nutrition Facts	
Serving size	1 smoothie (429g)
Amount Per Serving	
Calories	220
<small>% Daily Value*</small>	
Total Fat 6g	8%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 150mg	7%
Total Carbohydrate 37g	13%
Dietary Fiber 5g	18%
Total Sugars 28g	
Includes 0g Added Sugars	0%
Protein 8g	16%
Vitamin D 1mcg	4%
Calcium 364mg	30%
Iron 2mg	10%
Potassium 597mg	15%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

The fruit and dates provide the sweetener in this refreshing smoothie. No additional sugar is needed.

INGREDIENTS

- ½ ripe banana, frozen
- 3 pitted dates
- ½ mango or ½ cup frozen mangoes, no sugar added
- 1 small peach or ½ cup frozen peaches, no sugar added
- 1 cup unsweetened almond milk
- 1 cup baby spinach leaves
- ¼ cup plain, non-fat Greek yogurt
- 1 TBSP almond butter
- ½ cup ice

DIRECTIONS

1. In a blender, combine all ingredients.
2. Blend until smooth.
3. Pour equal amounts into 2 large glasses.

