



December 31- Orange Spinach Smoothie

Smart Snack

Link: <http://teenacathey.com/blog/months-worth-high-fiber-snack-ideas>

Recipe

Ingredients:

- 1 large orange (peeled and separated)
- ½ large banana
- 1 cup strawberries
- 2 cups spinach
- ⅓ cup plain Greek Yogurt
- 1 cup ice

Directions:

1. Combine ingredients in blender and blend until smooth.
2. Enjoy! Store any leftovers in the refrigerator.

Yield 2 servings

Nutrition Facts

Serving Size 1 1/2 cups (240.27g)
Servings Per Container 2

Amount Per Serving

Calories 120 **Calories from Fat** 5

% Daily Value*

Total Fat 0.5g **1%**

Saturated Fat 0g **1%**

Trans Fat 0g

Cholesterol 0mg **1%**

Sodium 40mg **2%**

Total Carbohydrate 23g **8%**

Dietary Fiber 5g **18%**

Sugars 15g

Protein 6g **12%**

Vitamin A 60% • Vitamin C 140%

Calcium 10% • Iron 8%

* Percent Daily Values are based on a 2,000 calorie diet.