



May 19- Green Smoothie

Smart Snack

Link: <http://www.cookinglight.com/eating-smart/smart-choices/low-calorie-smoothies/green-machine-smoothie-recipe>

Recipe

Ingredients:

- 1 cup fresh baby spinach leaves
- 1 ½ cups chopped fresh honeydew
- ⅓ cup nonfat vanilla Greek yogurt

Directions:

1. Combine ingredients in blender and blend until smooth.
2. Enjoy!

Yield 1 serving

Nutrition Facts

Serving Size 2.5 cups (403.02g)
Servings Per Container 1

Amount Per Serving

Calories 190 **Calories from Fat** 0

% Daily Value*

Total Fat 0g **1%**

Saturated Fat 0g **1%**

Trans Fat 0g

Cholesterol <5mg **1%**

Sodium 115mg **5%**

Total Carbohydrate 37g **12%**

Dietary Fiber 3g **14%**

Sugars 31g

Protein 9g **18%**

Vitamin A 80% • Vitamin C 110%

Calcium 15% • Iron 15%

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