



UNIVERSITY OF WYOMING  
EXTENSION

**NUTRITION & FOOD SAFETY**  
**RECIPE OF THE MONTH**  
**MARCH**



## GREEN SMOOTHIE

Serving Size: 1 3/4 Cup  
Serves 2

### INGREDIENTS

2 ripe medium bananas  
1 ripe pear (or green apple), chopped  
2 cups chopped kale (or baby spinach)  
½ cup of cold orange juice  
½ cup of cold water  
12 ice cubes  
1 Tbsp ground flaxseed

### DIRECTIONS

1. Place bananas, pear (or apple), kale (or baby spinach), orange juice, water, ice cubes, and flaxseed in a blender. Puree until smooth.



### Green Smoothie

#### **Nutrition Facts**

Serving Size: 1 3/4 cup (571g)  
Servings Per Container: 2

**Amount Per Serving**

**Calories** 250      **Calories from Fat** 30

**% Daily Value\***

**Total Fat** 3.5g      **5%**  
Saturated Fat 0g      **0%**  
Trans Fat 0g

**Cholesterol** 0mg      **0%**

**Sodium** 35mg      **1%**

**Total Carbohydrate** 55g      **18%**

Dietary Fiber 10g      **40%**

Sugars 30g

**Protein** 6g

Vitamin A 140%      •      Vitamin C 190%

Calcium 15%      •      Iron 10%

\* Percent Daily Values are based on a 2,000 calorie diet.  
Your daily values may be higher or lower depending on  
your calorie needs:

		Calories: 2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

INGREDIENTS: ICE CUBES, BANANAS,  
PEARS, KALE, ORANGE JUICE, WATER,  
FLAXSEED