



## August 24- Green Monster Smoothie

Smart Snack

Link: <http://recipes.sparkpeople.com/recipe-detail.asp?recipe=694213>

### Recipe

*Ingredients:*

- 1 peach
- 2 cups baby spinach
- ½ cup soy milk
- 1 cup water

*Directions:*

1. Mix all ingredients together in blender, adding spinach last.
2. Blend until smooth and creamy.

Yield 2 servings

### Nutrition Facts

Serving Size 1/2 recipe (191.67g)  
Servings Per Container 2

**Amount Per Serving**

**Calories** 80      **Calories from Fat** 10

**% Daily Value\***

**Total Fat** 1g      **2%**

Saturated Fat 0g      **1%**

Trans Fat 0g

**Cholesterol** 0mg      **0%**

**Sodium** 75mg      **3%**

**Total Carbohydrate** 13g      **4%**

Dietary Fiber 3g      **11%**

Sugars 9g

**Protein** 4g      **8%**

Vitamin A 80%      •      Vitamin C 35%

Calcium 8%      •      Iron 15%

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