



SPINACH SMOOTHIE

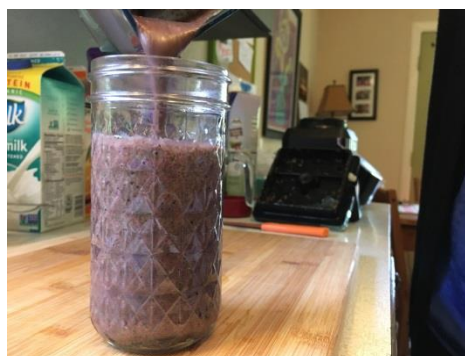
PREP TIME: 5 minutes

SERVING SIZE: 1 smoothie

SERVES: 1

INGREDIENTS

- 1 banana
- 1 cup frozen mixed berries
- 1 tablespoon flaxseed meal
- 1 tablespoon peanut butter
- ½ cup coconut water
- 2 cups spinach



PREPARATION

1. Place all ingredients in a blender and blend until smooth. Add more coconut water or frozen berries to thin or thicken as needed.
2. Serve immediately or freeze to enjoy later!

SOURCE

minimalistbaker.com/my-favorite-green-smoothie/

Recipe modified by CHOICES Nutrition Education Program

Nutrition Facts

1 servings per container
Serving size 1 smoothie (517g)

Amount per serving

Calories 350

% Daily Value*

Total Fat 11g 14%

Saturated Fat 2g 10%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 190mg 8%

Total Carbohydrate 57g 21%

Dietary Fiber 14g 50%

Total Sugars 31g

Includes 1g Added Sugars 2%

Protein 10g

Vitamin D 0mcg 0%

Calcium 169mg 15%

Iron 5mg 30%

Potassium 714mg 15%

*The % Daily Value 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.



This institution is an equal opportunity provider. Rev 9/17
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LICUADO DE ESPINACA

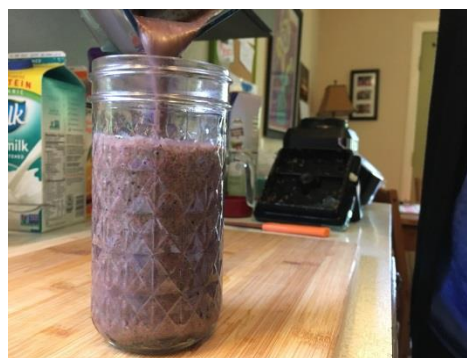
TIEMPO DE PREPARACIÓN: 5 minutos

TAMAÑO DE PORCIÓN: 1 licuado

PORCIONES: 1

INGREDIENTES

- 1 plátano
- 1 taza de bayas mixtas congeladas
- 1 cucharada de linaza
- 1 cucharada de mantequilla de cacahuete
- ½ taza de agua de coco
- 2 tazas de espinaca



PREPARACIÓN

- Coloque todos los ingredientes en una licuadora y mezcle hasta que estén suaves. Agregue más agua de coco o bayas congeladas para adelgazar o espesar el licuado según sea necesario.
- ¡Servir de inmediato o congelar para disfrutar más tarde!

FUENTE

minimalistbaker.com/my-favorite-green-smoothie/

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Esta institución ofrece igualdad de oportunidades. Rev 9/17

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