



The Kitchen at Second Harvest Green Grinch Smoothie

try at home recipe
Recipe modified from Emily Leary

flip to learn more!



Ingredients

- 4 strawberries
- 3 green apples, cored
- 3 bananas
- 50 g (1.8 oz) kale
- 15 g (0.5 oz) fresh mint leaves
- 4 mini marshmallows
- 2-3 handfuls of ice

Yield: 4 glasses

Serving Size: 1 glass



Directions

1. Cut up apples and slice bananas. Put apples, bananas, kale, mint, and a handful of ice into blender and blend until smooth. Taste and blend in more ice if needed.
2. Cut the tip and stem of the strawberries off. Cut a slit in the strawberries from the wide end to about halfway up. Place a mini marshmallow on the tip of each strawberry.
3. Pour the smoothie into four glasses. Push the strawberries onto the edge of each glass and serve.

Find more recipes, free classes,
and ways to get involved!



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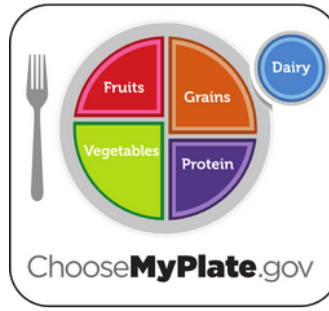


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Featured Food Groups

The benefits of healthy eating add up over time, bite by bite. Small changes matter. Start Simple with MyPlate.

A healthy eating routine is important at every stage of life. It can have positive effects that add up over time. It's important to eat a variety of fruits, vegetables, grains, protein foods, and dairy or fortified alternatives. When deciding what to eat or drink, choose options that are full of nutrients. Make every bite count.



Any **vegetable** or 100% vegetable juice counts as part of the Vegetable Group. Vegetables may be raw or cooked and can be fresh, frozen, canned, or dried. They can be whole, cut-up, or mashed.



The **Fruit** Group includes all fruits and 100% fruit juice. Fruits may be fresh, frozen, canned, or dried/dehydrated. At least half of the recommended amount of fruit eaten should come from whole fruit, rather than 100% fruit juice.

Cooking Tips

- Swap for spinach if you don't have kale! Either will give this drink its signature green color.
- Use fruits that you like! Swap apples for pears, mango, or melon.
- Serve with a red and white striped straw for extra decoration!

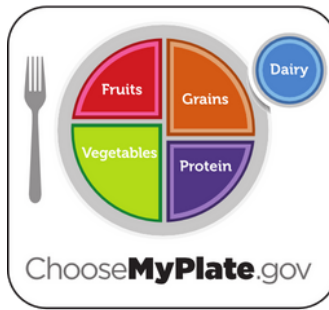
Second Harvest is an equal opportunity provider.



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Nutrition Facts

Nutrition Facts	
4 servings per container	
Serving size	1 glass
Amount Per Serving	
Calories	160
% Daily Value*	
Total Fat 1g	1%
Saturated Fat 0.1g	1%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 10mg	0%
Total Carbohydrate 40g	15%
Dietary Fiber 7g	25%
Total Sugars 24g	
Includes 0g Added Sugars	0%
Protein 2g	4%
Vitamin D 0mcg	0%
Calcium 52mg	4%
Iron 1.08mg	6%
Potassium 564mg	10%

*The % Daily Value (DV) 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.

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