



Super Fruit Smoothie!



Ingredients



- 1 cup assorted fruit, fresh or frozen
- 1/2 cup water
- 1/2 cup ice
- 1/2 cup plain or vanilla low-fat yogurt (optional)
- 1 cup kale, spinach, or other greens (optional)



Directions



Yield: 3 servings

Serving size: 1 cup

Total cost: \$3.00

Serving cost: \$1.00

1. Add all ingredients to a blender and blend until smooth.
2. Add more liquid (water or juice) if smoothie is too thick. Blend.
3. Enjoy!

Visit secondharvestkitchen.org to find more recipes, free classes, and ways to get involved!



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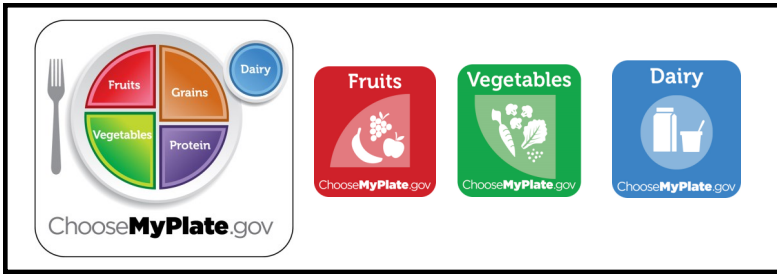
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Fast Facts



Featured Food Groups



Nutrition Facts

2 servings per container

Serving size 1 cup

Amount Per Serving

Calories 90

% Daily Value*

Total Fat 1g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Polyunsaturated Fat 0g	
Monounsaturated Fat 0g	
Cholesterol 0mg	0%
Sodium 60mg	3%
Total Carbohydrate 18g	7%
Dietary Fiber 3g	11%
Total Sugars 11g	
Includes 0g Added Sugars	0%
Sugar Alcohol 0g	
Protein 5g	10%
Vitamin D 0mcg	0%
Calcium 183mg	15%
Iron 1mg	6%
Potassium 431mg	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.

Cooking Tips



- Feel free to substitute water with low-fat milk, non-dairy milk, or 100% fruit juice.
- Mix & match fruits and veggies for different flavors!
- Try adding nut butter, cinnamon, or unsweetened coconut for an extra boost.
- Add more liquid as needed to made a thinner consistency or if your blender stalls. When using frozen berries it is not necessary to add the ice.

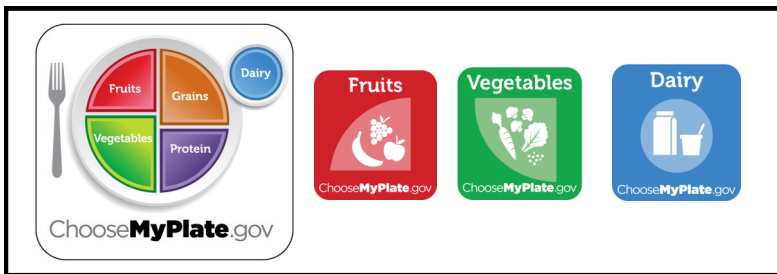
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