



Greenie Green Smoothie

U.S.

1 each
2 large
1 cup
2 cups
1 cup

Avocado
Bananas, frozen
Pineapple, frozen
Baby spinach
Water

Metric

1 each
2 large
140g
60g
240mL

Preparation:

1. Gather all ingredients and equipment.
2. In a blender, combine all of the ingredients. Blend on high speed until smooth.

****Nutrition Facts on Reverse**

Nutrition Facts

2 Servings

Serving size **1 1/2 cups**

Amount per serving

Calories **300**

Calories from Fat 140

Total Fat 15 g

 Saturated Fat 2.5 g

 Trans Fat 0 g

 Monounsaturated Fat 10 g

Cholesterol 0 mg

Sodium 15 mg

Total Carbohydrate 46 g

 Dietary Fiber 11 g

 Total Sugars 22 g

 Includes 0g Added Sugars

Protein 5 g

Vitamin D 0 %

Calcium 2 %

Iron 6 %

Potassium 1135 mg

Phosphorus 78 mg
