



## Greenie Green Smoothie (Kid-Friendly)

### 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 med-high until a consistent, smooth consistency.

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## Nutrition Facts

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2 Servings

**Serving size**                    **1 1/2 cups**

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**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

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