



Purple Spinach Smoothie

Spinach hides well in this smoothie, adding a great source of calcium and iron to a child's diet.

<u>U.S.</u>		<u>Metric</u>
1 cup	Blueberries, frozen	140 g
1 cup	Spinach, Baby, washed	30 g
1 each	Banana, overripe, peeled, frozen	1 each
1/4 cup	Yogurt, Plain, low-fat	56 g
1/2 cup	Milk, 1%	115 mL

Preparation:

1. Gather all ingredients and equipment.
2. In blender, add spinach first, then add remaining ingredients.
3. Blend until smooth and all the spinach has disappeared.
4. Serve cold. If need be, add some ice to make the smoothie thicker.

Nutrition Facts

Serving size	1 cup
Servings	3
Calories	90
Calories from Fat	10
Total Fat	1 g
Saturated Fat	0.5 g
Trans Fat	0 g
Monounsaturated Fat	0 g
Cholesterol	5 mg
Sodium	30 mg
Carbohydrates	20 g
Dietary Fiber	2 g
Sugars	13 g
Protein	3 g
Vitamin A	4 %
Calcium	10 %
Vitamin C	15 %
Iron	2 %
Phosphorus	80 mg
