



## Tropical Green Smoothie

Feel free to use any combination of leafy green and fruit that you would like!

### U.S.

2 cups	Spinach, fresh or frozen
1/2 cup	Coconut Milk, canned, light
1/2 cup	Pineapple Juice, 100%
1 cup	Ice
1 each	Banana, frozen
1 cup	Pineapple Chunks, frozen
3 each	Kiwi, peeled, diced

### Metric

475 mL
120 mL
120 mL
140g
1 each
245g
3 each

### **Preparation:**

1. Gather all ingredients and equipment.
2. Blend all ingredients in a blender or food processor until smooth. Serve cold.

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## Nutrition Facts

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4 Servings

**Serving size**                      **8 ounces**

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**Amount per serving**

**Calories**                              **120**

Calories from Fat                      20

**Total Fat**                              2.5 g

    Saturated Fat                      2 g

    Trans Fat                            0 g

    Monounsaturated Fat              0 g

**Cholesterol**                          0 mg

**Sodium**                                40 mg

**Total Carbohydrate**                25 g

    Dietary Fiber                      3 g

    Total Sugars                        15 g

        Includes 0g Added Sugars

**Protein**                                2 g

Vitamin D                                0 %

Calcium                                  4 %

Iron                                        4 %

Potassium                                430 mg

Phosphorus                               31 mg

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