

## Green Smoothie

### Ingredients:

- 1 cup low fat plain yogurt
- ¼ cup frozen peaches
- 1 medium banana
- ¼ cup frozen strawberries
- ¼ cup frozen raspberries
- ¼ cup spinach
- ¼ cup oats
- ½ cup 1% milk

### Directions:

Pour all ingredients into blender. Mix until smooth. Serve cold.

Makes 2 servings.

## Nutrition Facts

Serving Size 1 drink (305g)

Servings Per Container 2

Amount Per Serving

**Calories 220**      **Calories from Fat 30**

% Daily Value\*

**Total Fat 3g**      **5%**

Saturated Fat 1.5g      **8%**

Trans Fat 0g

**Cholesterol 15mg**      **5%**

**Sodium 115mg**      **5%**

**Total Carbohydrate 38g**      **13%**

Dietary Fiber 5g      **20%**

Sugars 22g

**Protein 11g**

Vitamin A 10%      • Vitamin C 60%

Calcium 30%      • Iron 6%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		Calories:	2,000	2,500
Total Fat	Less than	65g	80g	
Saturated Fat	Less than	20g	25g	
Cholesterol	Less than	300mg	300mg	
Sodium	Less than	2,400mg	2,400mg	
Total Carbohydrate		300g	375g	
Dietary Fiber		25g	30g	

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4