

# Harvest of the Month

MAY - SPINACH



**B-WELLthy Choices.**

Good taste. Good health.

## Sweet Green Spinach Smoothie

(4 Servings)

### Ingredients:

- 2 ripe medium bananas, peeled
- 2 apples, peeled and core removed
- 2 cups spinach leaves
- ½ cup orange juice
- ½ cup lowfat milk
- 2 Tbsp. Ground Flax Seed
- 12 ice cubes

### Directions:

In a Blender, place:

- 2 bananas, 2 apples (peeled/cored)
- 2 c. spinach,
- ½ c. orange juice
- ½ c. low fat milk
- 12 ice cubes

Blend until smooth, scraping down the sides as necessary.

Drink immediately or refrigerate and consume within a day.



Makes 4 Servings. Per 1 c. Serv.:

Serving size	(251g)
Amount per serving	
Calories	140
% Daily Value*	
Total Fat 2g	3%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 30mg	1%
Total Carbohydrate 30g	11%
Dietary Fiber 5g	18%
Total Sugars 20g	
Includes 0g Added Sugars	0%
<b>Protein 3g</b>	
Vitamin D 0mcg	0%
Calcium 53mg	4%
Iron 1mg	6%
Potassium 353mg	8%

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

