

Sneaky Blueberry Smoothie

This tasty treat is full of vitamins, calcium, protein and antioxidants.

Serves 3



Ingredients

- 1 cup frozen blueberries
- 1 cup spinach or kale leaves
- 1 ripe banana
- ½ cup non-fat, plain Greek yogurt
- ½-1 cup low-fat milk (1% or 2%)
- 3-4 ice cubes (optional)

Nutrition Facts

Serving Size About 1 Cup
Servings Per Recipe 3

Amount Per Serving

Calories 110 **Calories from Fat** 5

% Daily Value*

Total Fat 1g **2%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 5mg **2%**

Sodium 60mg **3%**

Total Carbohydrate 21g **7%**

Dietary Fiber 3g **12%**

Sugars 13g

Protein 6g

Vitamin A 10% • Vitamin C 10%

Calcium 10% • Iron 4%

*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

Please note: nutritional values are approximate.

Directions

1. Measure and add all ingredients to a single bowl, pitcher or container.
2. Puree until smooth using hand-blender.
3. Use more milk if you prefer a thinner consistency.
4. Serve immediately for best color and taste.

