

Green Smoothie

Serves 2 (makes 2 - 8-oz. servings)

Ingredients:

- 1 ripe medium banana, peeled
- 1 apple, peeled and core removed
- 1 cup spinach leaves, tough stems removed
- 1/4 cup cold orange juice
- 1/4 cup cold 2% lowfat milk
- 6 ice cubes

Directions:

1. Chop apple and spinach leaves.
2. Place banana, apple, spinach, orange juice, milk and ice cubes in a blender. Pulse a few times, then puree until smooth, scraping down the sides as necessary.



Nutrition Facts per serving:
150 calories; 1.5g fat; 33g carbohydrates; 5g protein;
20g sugars; <5mg cholesterol; 75mg sodium.

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