



Tropical Green Smoothie

1 Serving • 1 Serving = 1 ½ Cups

INGREDIENTS

- 1 cup low-fat or nonfat milk or unsweetened non-dairy alternative
- ¼ small frozen banana
- ½ cup frozen mango or pineapple chunks
- 1 – 2 large handfuls of baby spinach

DIRECTIONS

1. Pour the milk into a blender. Add the banana, mango or pineapple, and spinach.
2. Blend until smooth, about 1 -2 minutes.

Nutrition Facts	
1 servings per container	
Serving size	about 1 1/2 cup (424g)
Amount per serving	
Calories	200
	% Daily Value*
Total Fat 2.5g	3%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 150mg	7%
Total Carbohydrate 37g	13%
Dietary Fiber 3g	11%
Total Sugars 30g	
Includes 0g Added Sugars	0%
Protein 10g	
Vitamin D 0mcg	0%
Calcium 373mg	30%
Iron 2mg	10%
Potassium 472mg	10%

*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.

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