

Fruity Spinach Smoothie

Spinach can be fun! Try this smoothie, loaded with nutrition powerhouses such as milk, bananas, blueberries, and kiwi.

- 2 cups frozen unsweetened strawberries
- ½ cup blueberries
- 1 banana cut in chunks
- ½ kiwi, sliced
- 2 cups fresh spinach
- ½ cup ice cubes
- 1 cup fat-free milk
- ½ cup 100-percent apple juice

DIRECTIONS:

1. Combine strawberries, blueberries, banana, kiwi, spinach, ice cubes, fat-free milk and apple juice in blender.
2. Blend until smooth.
3. Serve in a cup.

SERVING SIZE: 1 cup

SERVES: 4

Calories: 100; Total Fat: 0g; Saturated Fat: 0g; Cholesterol: 0mg; Sodium: 45mg; Total Carbohydrate: 25g; Dietary Fiber: 4g; Protein: 3g; Calcium: 101mg.



February is
**AMERICAN
HEART
MONTH**

