



# Green Monster Smoothie

**Prep Time:** 5 minutes

**Cost per serving:** \$0.29

## What you need:

### Utensils:

- Measuring cups
- Blender
- Spatula
- Can opener

### Ingredients:

- ½ cup frozen spinach
- ¾ cup low-fat vanilla yogurt
- 1 medium banana
- ½ cup pineapple chunks in 100% juice

### What to do:

1. Wash your hands and clean your cooking area.
2. Add all ingredients to blender and process until smooth.
3. Serve immediately.
4. Cover and refrigerate leftovers.



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<b>Nutrition Facts</b>	
Serving Size 1 cup	
Servings Per Container 4	
Amount Per Serving	
<b>Calories 70</b>	Calories from Fat 0
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% Daily Value*	
<b>Total Fat 0g</b>	<b>0%</b>
Saturated Fat 0g	0%
Trans Fat 0g	
<b>Cholesterol 0mg</b>	<b>0%</b>
<b>Sodium 90mg</b>	<b>4%</b>
<b>Total Carbohydrate 16g</b>	<b>5%</b>
Dietary Fiber 2g	8%
Sugars 12g	
<b>Protein 3g</b>	
Vitamin A 20%	• Vitamin C 20%
Calcium 10%	• Iron 2%