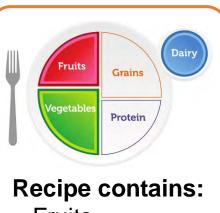
Guam Green Smoothie

Makes

5 servings

Prep time 5 minutes



Fruits Vegetables Dairy

Ingredients:

- cup ripe papaya
- cup watermelon
- large banana
- cup spinach
- cup low- or non-fat milk
- ¹/₂ cup low- or non-fat vanilla yogurt

Nutrition Facts 5 servings per container	
Serving size 1	cup (154g)
Amount per serving	• • •
Calories	60
	% Daily Value*
Total Fat Og	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol Omg	0%
Sodium 45mg	2%
Total Carbohydrate 13g	5%
Dietary Fiber 1g	4%
Total Sugars 8g	
Includes 0g Added Sug	ars 0%
Protein 3g	
Vitamin D 1mcg	6%
Calcium 146mg	10%
Iron 0mg	0%
Potassium 275mg	6%

*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.



UNIVERSITY OF GUAM COOPERATIVE EXTENSION & OUTREACH







This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP). SNAP provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, call (671) 735-7354. USDA and the University of Guam are equal opportunity providers, lenders, and employers.



Guam Green Smoothie

Directions:

- 1. Dice all fruit into small chunks or bite-sized pieces.
- 2. Combine diced fruit and remaining ingredients in a blender.
- 3. Blend on low and increase to high. Blend until mixture is smooth.
- 4. Serve and enjoy!

