

Tropical Green Smoothie

Ingredients:

1 cup unsweetened orange or pineapple juice
1 cup frozen mango chunks, unsweetened
1/2 cup nonfat Greek yogurt
1 tablespoon extra-virgin olive oil

1 banana
2–3 cups fresh spinach
1/4 teaspoon turmeric

Directions:

1. Combine ingredients in a blender.
2. Blend until smooth and frothy.
3. Pour into tall, chilled glasses and serve.

Nutrition Facts	
Serving Size (276g) Servings Per Container 3	
Amount Per Serving	
Calories 180	Calories from Fat 45
% Daily Value*	
Total Fat 5g	8%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 60mg	3%
Total Carbohydrate 29g	10%
Dietary Fiber 3g	12%
Sugars 21g	
Protein 6g	
Vitamin A 90%	• Vitamin C 130%
Calcium 10%	• Iron 15%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	

For more information, please contact:

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