

**WHY
ACT
NOW**

POWERHOUSE SMOOTHIE



Ingredients

- 2/3 plain Greek yogurt
- 2/3 cup blueberries, frozen
- 1 cup baby spinach leaves
- 1/2 cup skim milk
- 3 strawberries, frozen
- 1 banana, medium

Directions

Add yogurt, spinach & milk to blender, whirl until smooth. Add remaining fruit & blend. If too thick, add a little more milk. *Makes 2 servings.*

Nutrition Facts

Serving Size 2	
Amount Per Serving	
Calories 263	Calories from Fat 11
% Daily Values*	
Total Fat 1g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Sodium 125mg	5%
Total Carbohydrate 53g	18%
Dietary Fiber 7g	28%
Sugars 34g	
Protein 16g	32%
*Percent Daily Values are based on a 2,000 calorie diet.	

Spinach is a super food - it's packed with vitamins, minerals and other nutrients but is low in calories! The high protein & fiber will keep you full.