Louisiana Harvest of the Month

Simple Green Smoothie

Home Recipe

Serves: 1
Prep Time: 5 minutes

Ingredients

- 1 cup fresh baby spinach or kale, loosely packed
- 1 cup unsweetened coconut milk (or your favorite milk option)
- 1/2 cup frozen banana slices
- 1/2 cup frozen pineapple, strawberries, or mango

Note: Add 1 Tbsp hemp seeds, 1 Tbsp nut or seed butter, or ¼ cup Greek yogurt for extra healthy fats and protein.

Recipe adapted from *Yummy Toddler Food.*

Instructions

1) Place fresh greens into the blender, followed by milk and frozen fruit.
2) Blend on high for 1 minute or until all ingredients are combined and smooth.
3) Serve immediately.

Nutrition Facts

1 Serving Per Container

Serving Size	**14 fl oz (179mL)**
Amount Per Serving	
Calories	**110**
	% Daily Value *
Total Fat 0.5g	**1%**
Saturated Fat 0g	**1%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 25mg	**1%**
Total Carbohydrate 27g	**10%**
Dietary Fiber 4g	**14%**
Total Sugars 15g	
Includes 0g Added Sugars	**0%**
Protein 2g	
Vitamin D 0mcg	0%
Calcium 40mg	4%
Iron 1.3mg	8%
Potassium 540mg	10%

* The % Daily Value (DV) 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.

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