

FUN & HEALTHY RECIPES

For Kids



High Five!

POWERED BY
BLUE CROSS OF IDAHO FOUNDATION FOR HEALTH

 **Albertsons®**

TROPICAL GREEN SMOOTHIE

One of the most delicious ways to get a burst of greens in the morning. And it's super quick and easy, too.

Suggested Cooking

Method: no cooking

Prep Time: 5 minutes

Total Time: 5 minutes

Suggested

Categorization:

breakfast, snack

Servings: 3 small smoothies

DIRECTIONS:

- 1 Add all of the ingredients to blender and blend until smooth.
- 2 Pour into cups and serve!

Ingredients

- 1 1/2 cups vanilla Greek non-fat yogurt (plain can be substituted to reduce sugar and calories)
- 2 cups frozen OR fresh pineapple tidbits OR chunks
- 2 cups frozen peach slices
- 3 cups fresh spinach OR baby kale (gently packed)
- 1 1/2 cups coconut milk (with about 4 grams of fat per cup, available in shelf-stable cartons)
- 3 Tbsp ground flaxseed



Nutritional Information: Servings Per Recipe: 1 Serving Size: about 1 1/2 cups
Calories 305, Total Fat 10.5 g, Saturated Fat 1.3 g, Polyunsaturated Fat 3.4 g (Omega-3s .8 g), Monounsaturated Fat 6 g, Cholesterol 4.5 mg, Sodium 136 mg, Potassium 552 mg, Total Carbohydrate 35 g, Dietary Fiber 8 g, Sugars 24 g, Protein 19 g, Vitamin D 80 IU, Calcium 362 mg, Iron 1.6 mg