

Cantaloupe Green Smoothie

This recipe is extremely versatile, and you can swap in fresh or frozen fruits, depending on what you have on hand.

YIELD 2 SERVINGS	PREP TIME 5 MIN	TOTAL TIME 5 MIN
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INGREDIENTS

1 ½ cup	Cantaloupe, diced
1 cup	Spinach or other greens
1 each	Banana, frozen
¼ cup	Yogurt, plain, low-fat
¼ cup	Milk, low-fat or Water



CHEF'S NOTES

This recipe can be used as a template for a delicious, nutrient-packed green smoothie. You can replace or substitute any ingredient with a fresh or frozen variety.

For a dairy-free version, use a non-dairy yogurt and milk alternative. You can add in raw cashews or silken tofu for added protein.

DIRECTIONS

1. Gather all ingredients and equipment.
2. In a blender, combine all of the ingredients. Blend on high speed until smooth.

Nutrition Facts

2 servings per container

Serving Size 10 ounces (251 g)

Amount per serving

Calories 120

% Daily Value *

Total Fat 1g 0%

Saturated Fat 0.5g 3%

Trans Fat 0g

Cholesterol less than 5 mgmg 0%

Sodium 50mg 2%

Total Carbohydrate 27g 10%

Dietary Fiber 3g 9%

Total Sugars 20g

Includes 0g Added Sugars 0%

Protein 4g 9%

Vitamin D 0.37mcg 0%

Calcium 50mg 4%

Iron 0.41mg 2%

Potassium 600mg 14%

*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.

