

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 |
|-----------------------------------|----------------------------------|-----------------------------------|

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. Prepare all ingredients as described above.
2. Add all ingredients in the order listed to a large blender pitcher, breaking the frozen banana into smaller pieces before adding.
3. Starting on low and gradually increasing the speed, blend until smooth and creamy, with a consistent green color. Scrape down the sides of the blender as needed

Nutrition Facts

2 servings per container

Serving size **12 oz (253g)**

| | Per Serving | Per Container |
|--------------------|-----------------------|-----------------------|
| Calories | 130 | 250 |
| | % Daily Value* | % Daily Value* |
| Total Fat | 1.5g 2% | 2.5g 3% |
| Saturated Fat | 0.5g 3% | 1.5g 8% |
| <i>Trans</i> Fat | 0g | 0g |
| Cholesterol | <5mg 1% | 10mg 3% |
| Sodium | 65mg 3% | 125mg 5% |
| Total Carb. | 27g 10% | 54g 20% |
| Dietary Fiber | 3g 11% | 6g 21% |
| Total Sugars | 19g | 39g |
| Incl. Added Sugars | 0g 0% | 0g 0% |
| Protein | 4g | 9g |
| Vitamin D | 0.7mcg 4% | 1.4mcg 6% |
| Calcium | 110mg 8% | 220mg 15% |
| Iron | 0.8mg 4% | 1.6mg 10% |
| Potassium | 710mg 15% | 1430mg 30% |

* 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.

CONTAINS: MILK

