Cantaloupe Green Smoothie

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

<table>
<thead>
<tr>
<th>YIELD</th>
<th>PREP TIME</th>
<th>TOTAL TIME</th>
</tr>
</thead>
<tbody>
<tr>
<td>2 SERVINGS</td>
<td>5 MIN</td>
<td>5 MIN</td>
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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

**DIRECTIONS**

1. Gather all ingredients and equipment.

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

**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.

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Nutrition Facts Found on the Reverse Side
### Nutrition Facts

2 servings per container

**Serving Size**
10 ounces (251 g)

**Amount per serving**

<table>
<thead>
<tr>
<th>Calories</th>
<th>120</th>
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**% Daily Value**

- **Total Fat** 1g, 0%
  - Saturated Fat 0.5g, 3%
  - Trans Fat 0g
- **Cholesterol** less than 5 mg, 0%
- **Sodium** 50mg, 2%
- **Total Carbohydrate** 27g, 10%
  - Dietary Fiber 3g, 9%
  - Total Sugars 20g
  - Includes 0g Added Sugars
- **Protein** 4g, 9%
- **Vitamin D** 0.37 mcg, 0%
- **Calcium** 50mg, 4%
- **Iron** 0.41 mg, 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.*