

# 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	PREP TIME	TOTAL TIME
2 SERVINGS	5 MIN	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

## 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.

# 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.

