

Fruit and Spinach Smoothie

<u>Code</u>
\$, Q, RH, V, DF, GF

Ingredients Needed:

- 1 orange, peeled
- 1 pear, peeled and cored
- 1 banana, peeled
- 2 cups spinach
- ½ cup water
- ½ cup ice



Recipe Directions:

- Cut all fruits and vegetables into small pieces.
- Place ingredients into blender and blend until smooth.

<u>Nutrition Facts:</u>	
Yield	1 serving
Calories	277
Total Fat	< 1 g
Sat Fat	< 0.5 g
Sodium	50 mg
Added Sugar	0 g
Fiber	13 g
Vitamin A	43% DV
Vitamin C	139% DV
Vitamin E	13% DV
Vitamin K	330% DV
Potassium	25% DV
Calcium	13% DV
Iron	11% DV