



Green Tropical Smoothie

Makes 2 servings | Dairy • Fruit • Vegetables

Ingredients

- 1 cup low-fat milk
- ½ cup low-fat vanilla or plain yogurt
- ½ cup frozen blueberries, unsweetened
- ½ cup pineapple chunks, unsweetened
- 3 cups raw kale or spinach
- 2 teaspoons honey*

Directions

1. Wash hands with warm, soapy water for 20 seconds.
2. Place all ingredients in a blender and blend well. If a blender is not available, roughly chop spinach, blueberries, and pineapple chunks, then use a resealable plastic bag and crushed ice. Smash and blend with fingers, a rolling pin, or a food safe blunt object until desired consistency.
3. Pour into 2 glasses and enjoy!

*Children under 1 year should not eat honey.



Recipe from the Cent\$ible Nutrition Program. Learn how to save money, cook quick and healthy meals, and stretch your food dollar by contacting your Wind River Reservation CNP Educator at <https://uwyo.cnpp.org/wrir/>

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