



A Nutrition Resource

EASY AS 1, 2, 3 SMOOTHIE RECIPE

Yield: 6 Servings
Cost/Serving: \$0.90

Ingredients:

2 cups fresh greens
4 cups cold water
6 cups fruit

Directions:

1. Add greens, water, and berries/fruit to blender in that order. If greens are put in last it will be difficult to blend.
2. Blend until smooth, stopping to stir ingredients or scrape sides of blender as needed.

Nutrition Facts

6 servings per container

Serving size 1 cup (0.0g)

Amount Per Serving

Calories **80**

% Daily Value*

Total Fat 0.5g **1%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 10mg **0%**

Total Carbohydrate 17g **6%**

Dietary Fiber 6g **21%**

Total Sugars 10g

Includes 0g Added Sugars **0%**

Protein 1g

Vitamin D 0mcg **0%**

Calcium 30mg **2%**

Iron 1.4mg **8%**

Potassium 60mg **2%**

* 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.

Source: MT Harvest of the Month and
Erin Jackson, Gallatin Vallet Farm to
School

Buy Eat Live Better Nutrition Education Program | www.montana.edu/extension/buyeatlivebetter

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