

BASIC GREEN SMOOTHIE

Ingredients:

1/2 cup water
1 cup fresh spinach (packed)
1 fresh or frozen banana, peeled
1 kiwi fruit, peeled

Directions:

Pour water into a blender. Add spinach, banana and kiwi fruit. Cover and blend until smooth.

Nutritional information per 1-cup serving:

80 calories, 0.5 g fat, 15 mg sodium, 19 g carbohydrate, 3 g fiber, 1 g protein