

Peppermint Green Smoothie

Saginaw Career Complex



Ingredients

1 ½ cups of 1% milk
2 cups low fat yogurt
2 bananas
3 Tbsp. honey
½ tsp sugar (optional)
¼ to ½ tsp peppermint
extract (to taste)
3 cups spinach
½ cup unsweetened apple
sauce
2 cups ice

Directions

Place all ingredients into a blender and
blend until smooth

Nutritional Information

Calories per serving	340
Total Fat	400 4g
Saturated Fat	2g
Cholesterol	5mg
Sodium	186mg
Total Carbohydrates	120g
Dietary Fiber	3g
Protein	14g

Servings 3