

# EASY GREEN SMOOTHIE

## Ingredients:

- ✓ ½ ripe banana
- ✓ ½ ripe pear (or canned, drained)
- ✓ ½ to 1 cup fresh greens (kale, chard, spinach, etc.), washed well.
- ✓ 1 cup of low or reduced fat milk (or substitute like soy or almond milk)
- ✓ Ice cubes, if desired
- ✓ **Optional:** 1-Tablespoon nut butter.

## Directions:

1. Cut banana and pear into bite-sized pieces. Tear greens into medium pieces.
2. Place banana, pear, greens, nut butter (if using) and milk into blender. Add ice.
3. Blend until smooth and enjoy! Makes about 12 ounces of smoothie.



## Nutrition Facts about Dark Leafy Greens (kale, chard, spinach, collards)

1. Greens are excellent sources of Vitamin A and Vitamin C, which promote good eyesight and a healthy immune system.
2. Greens contains high levels of Vitamin K, which is essential for proper blood clotting.
3. Greens contains antioxidants such as quercetin and kaempferol, which can help maintain a healthy heart and good blood pressure, as well as protect against inflammation.
4. Greens are high in fiber, which is good for the digestive system. A 1-cup serving of fresh kale, for example, has about 2.5g of dietary fiber.

Recipe provided by Rutgers Cooperative Extension of Hunterdon County

<http://www.co.hunterdon.nj.us/rutgers/fcs.htm>