

Blue & Green Breakfast Smoothie

We call it our Blue & Green Breakfast Smoothie, but whether it's for breakfast on-the-go, an after-school snack, or a sweet after-dinner treat, this smoothie fits the bill! We pack three of the MyPlate food groups into one glass full of vitamins and minerals that kids and adults alike won't want to put down!

Ingredients:

1 cup frozen blueberries
1 cup fresh baby spinach
1 banana
1 cup fat-free milk
½ cup calcium fortified orange juice
1 tablespoon honey (optional)

Directions:

1. Combine all ingredients in a blender until smooth. Serve and enjoy!

Yield: 4 servings (1 cup per serving)

Nutrition Facts: 80 Calories; 0 g Fat (0 g Saturated Fat; 0 g Trans Fat); 0 mg Cholesterol; 40 mg Sodium; 18 g Carbohydrate (2 g Fiber, 12 g Sugar, 0 g Added Sugar); 3 g Protein; 6% Daily Value (DV) Vitamin D; 15% DV Calcium; 0% DV Iron; 6% DV Potassium