

# Shamrock Power Smoothie

This delicious smoothie is loaded with calcium, potassium, and vitamins C, D, and A. It's a nutrient powerhouse!

Makes: 2 servings

Prep Time: 5 minutes

Source: Cornell Cooperative Extension of Tompkins County

## Ingredients

- 2 cups fresh spinach, rinsed well
- 1 cup skim milk
- 1 cup fat-free vanilla yogurt
- 1 frozen banana (remove banana peel prior to freezing)
- 1-2 mint leaves, optional

## Directions

1. Add spinach, milk, yogurt, frozen banana, and mint (optional) to blender. Blend until smooth. Serve cold.

## Utensils Needed

- Measuring cups
- Blender
- Bowl or colander for rinsing spinach



Small Changes,  
BIG Difference!



### Nutrition Information

Serving Size: 1 1/4 cup

Nutrients	Amount
Calories:	194
Total Fat:	1 g
Saturated Fat:	0 g
Cholesterol:	7 mg
Sodium:	162 mg
Total Carbohydrates:	36 g
Dietary Fiber:	3 g
Total Sugars:	27 g
Protein	10 g

# SHOPPING LIST

Average total cost without oil and seasonings: \$7.04

Average cost/serving: \$3.52

Recipe makes: 2 Servings

Note: The below list of ingredients is a suggestion. Similar ingredients may be purchased based on preference, diet restrictions, budget and location. Optional items can be added.

## Ingredients



Add 1 to Cart  
Fresh Spinach (10 oz.)



Add 1 to Cart  
Nonfat Milk (1/2 gallon)



Add 2 to Cart  
Vanilla Nonfat Yogurt (5.3 oz.)



Add 1 to Cart  
Fresh Mint (0.75 oz.)



Add 1 to Cart  
Banana

## SAVE TIME, SAVE MONEY

## My Cooking Notes

### Storage Tips

- Keep your extra mint leaves fresh for longer by trying one of these storage options:
  - Dampen 1-2 paper towels. Lay mint leaves on the paper towel(s) and gently wrap. Place the wrapped mint into a plastic freezer bag. Seal and place in the refrigerator.
  - Place 2-3 mint leaves into empty sections of an ice cube tray, filling about halfway. Fill the remainder of each square with cold water and place in the freezer. Once frozen, remove from the ice cube tray and store in freezer bags for up to 3 months. Thaw before using the mint leaves.