



HULK SMOOTHIE

March 26

National Spinach Day

INGREDIENTS

- 1 Pound Kiwis, Fresh (washed and peeled)
- 2 Pounds Bananas
- 1¼ Pounds Spinach, Raw
- 1¼ Cups 100% Apple Juice
- 20 Ounces Yogurt
(23 grams of sugar per 6 ounces or less)

DIRECTIONS

1. Puree spinach and apple juice for 3 minutes.
2. Add kiwi, banana and yogurt and blend for 4 more minutes.

MEAL PATTERN CONTRIBUTION

 Vegetable

MEAL TYPE

 Breakfast

YIELD

5 Cups

PORTION SIZES

Toddler	Preschool	School Age	Adult
¼ Cup (counts as juice)	½ Cup (counts as juice)	½ Cup (counts as juice)	½ Cup (counts as juice)