



Green Machine

Number of servings: 1

Serving size: 8 ounces

Equipment:

Blender

Ingredients:

- ½ Banana
- 1-2 Tablespoons lemon juice
- 1 cup of washed spinach
- 2-teaspoons honey
- 3-4 ounces of water

Directions:

Place all the ingredients in a blender, and blend until smooth. You can add a few ice cubes if you like your green juice extra cold. Makes approximately 8 ounces.

Feel free to get creative, you can swap out any fruit such as frozen blueberries, strawberries or mangos. Also, if the lemon juice is too tart try a splash of orange or apple juice.

MyPlate servings: 1 serving of fruit, 1/2 serving of vegetables

Pump it Up: Run in place for 2 minutes!

Food for Thought: Spinach contains iron. Iron helps carry oxygen throughout your body which leads to proper growth and good health.

Nutrition Facts			
Serving Size 1 cup			
Servings Per Container 1			
Amount Per Serving			
Calories 110			
		% Daily Values*	
Total Fat	0g		0%
Saturated Fat	0g		0%
Trans Fat	0g		
Cholesterol	0mg		0%
Potassium	424mg		12%
Sodium	30mg		1%
Total Carbohydrate	29g		10%
Dietary Fiber	2g		8%
Sugars	20g		
Protein	2g		4%
Vitamin A	20%	•	Vitamin C 37%
Calcium	4%	•	Iron 6%
*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.			
		Calories	2,000 2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

****Nutrition Analysis:** performed using <https://www.supertracker.usda.gov>