Kid-Friendly Big Green Monster Smoothie

This produce-packed smoothie is a great way to get extra fruit and vegetables into your day. This recipe makes enough to share with the whole family.

Ingredients

Servings 6

- 1 large green apple, unpeeled, cored, and cut into large pieces
- 1 to 2 handfuls of baby spinach
- 1/4 large cucumber, peeled and cut into large pieces
- 1 medium kiwifruit, peeled and cut into large pieces
- 2 tablespoons fresh lemon juice
- 1 cup fat-free milk
- 2 teaspoons honey
- 1 cup ice cubes

Directions

Tip: Click on step to mark as complete.

1. In a food processor or blender, process all the ingredients until thoroughly blended.

Quick Tips

Cooking Tip: Experiment with other green produce, such as parsley, pears, peas, kale, leaf lettuce, greens, or green beans.

Cooking Tip: For additional flavor options, try adding a sprinkle of ground cinnamon, dash of vanilla extract, or pinch of grated fresh gingerroot.

Tip: If ice cubes aren't available, chill the ingredients before processing.

Nutrition Facts

Kid-Friendly Big Green Monster Smoothie

Calories

53 Per Serving

Protein

2g Per Serving

Fiber

2g Per Serving

Nutrition Facts

Calories	53
Total Fat	0.5 g
Saturated Fat	0.0 g
Trans Fat	0.5 g
Polyunsaturated Fat	0.0 g
Monounsaturated Fat	0.0 g
Cholesterol	2 mg
Sodium	30 mg
Total Carbohydrate	11 g
Dietary Fiber	2 g
Sugars	9 g
Protein	2 g