

# Lean & Green Smoothie

## Ingredients:

- 1 cup baby spinach
- 1 banana, peeled
- 2 whole kiwis, peeled
- 1½ cups pineapple chunks
- 5 ice cubes

Servings: 2



## Directions:

Place all the ingredients into your high speed blender and blend for 30-45 seconds or until the desired consistency is reached.

(Continued)

## **Nutrition Facts per serving:**

Calories: 209

Fat: 0.4 g

Sodium: 35 mg

Carbohydrates: 50 g

Fiber: 5.4 g

Protein: 4.2 g



# **Workforce Health**