



## Popeye Power Smoothie

### Nutrition Facts

4 servings per container

Serving size 1 cup (166g)

Amount per Serving

**Calories** 90

% Daily Value\*

**Total Fat** 0.5g 1%

Saturated Fat 0g 0%

Trans Fat 0g 0%

**Cholesterol** 0mg 0%

**Sodium** 35mg 2%

**Total Carbohydrate** 20g 7%

Dietary Fiber 1g 4%

Total Sugars 15g

Includes 0g Added Sugars 0%

**Protein** 3g

Vitamin D 0mcg 0%

Calcium 77mg 6%

Iron 1mg 6%

Potassium 355mg 8%

Vitamin A 81mcg 9%

Vitamin C 42mg 46%

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

### Ingredients Needed:

- 1 Peeled Banana
- 1 cup Orange Juice
- 1/2 cup Pineapple Juice
- 1 cup Non-fat Yogurt (vanilla)
- 2 cups fresh Spinach
- 2 cups Crushed Ice

### Directions:

1. Wash hands with soap and water.
2. Rinse fresh produce under running water.
3. Combine all ingredients in a blender, chunky ingredients first.
4. Puree until texture is smooth.
5. Serve immediately.
6. Refrigerate leftovers within 2 hours of making.

**Cook time:** 5 mins

**Makes:** 4 cups