

SHAMROCK SMOOTHIE

Try this green smoothie out on St. Paddy's Day to get a break from the corned beef and cabbage.

INGREDIENTS

- 1 frozen large banana, sliced
- 1 cup spinach
- ½ cup low-fat vanilla yogurt
- ½ cup low-fat milk
- ⅓ cup packed fresh mint leaves
- 4 ice cubes

DIRECTIONS

Combine banana, spinach, yogurt, milk, mint and ice in a blender. Blend until smooth. Garnish with mint if desired and enjoy!

NUTRITION FACTS

Serving Size: 2 1/2 cups

Per Serving: 287 calories; protein 13.8g; carbohydrates 54.5g; dietary fiber 6.4g; sugars 37.4g; fat 3.3g; saturated fat 2g; cholesterol 12.2mg; vitamin a iu 5254.1IU; vitamin c 31.3mg; folate 74.8mcg; calcium 483.7mg; iron 5.8mg; magnesium 124.7mg; potassium 1012.4mg; sodium 190.6mg; added sugar 8g.



Wisconsin Athletic Club

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