

Green Guam Smoothie

Makes
5 servings
Prep time
? minutes

Ingredients:
1 cup ripe papaya
1 cup watermelon
1 large banana
1 cup spinach
1 cup low- or non-fat milk
½ cup low- or non-fat vanilla yogurt

Nutrition Facts

5 servings per container
Serving size 1 cup (154g)

Amount per serving
Calories **60**

% Daily Value*

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 45mg 2%

Total Carbohydrate 13g 5%

Dietary Fiber 1g 4%

Total Sugars 8g

Includes 0g Added Sugars 0%

Protein 3g

Vitamin D 1mcg 6%

Calcium 146mg 10%

Iron 0mg 0%

Potassium 275mg 6%

*The % Daily Value 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.



This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP). SNAP provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, call (671) 735-7354. USDA and the University of Guam are equal opportunity providers, lenders, and employers.

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Directions:

1. Dice all fruit into small chunks or bite-sized pieces.
2. Combine diced fruit and remaining ingredients in a blender.
3. Blend on low and increase to high. Blend until mixture is smooth.
4. Serve and enjoy!

