



RECIPE CARD

Grow it. Share it. Eat it.

Cooking together not only leads to delicious healthy meals, it can also be a great way for families to spend more time together, teach each other about local foods that are in season, and how to prepare them.



Green Power Smoothie

Featured Item: Spinach

Serving Size: 8 ounces • Yield: 50

HACCP Process #1:

No Cook

Child Nutrition Credit:

0.5 Oz Meat/Meat Alternate

0.5 Cups Fruit

0.25 Cups Dark Green

0.25 Cups Nonfat Unflavored Milk

INGREDIENTS

Nonfat, Plain Yogurt:	1 gal., 2/3 c.
Fat-free milk:	1 gal., 2/3 c.
Pineapple Chunks, with Juice:	1 gal., 2/3 c.
Bananas:	17
Spinach, Raw, Local:	1 gal., 2 qt., 1 c.

DIRECTIONS

1. In a blender, mix all ingredients and blend.
2. Serve 8 ounces and enjoy, cold.
3. Can reserve the leftover smoothie in the refrigerator for later in the day or the next day.

Source: Pisanick Partners, LLC.