



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: 4

Fun Facts:

- Cooked spinach gives your body more nutrients than raw spinach. It makes things easier to absorb!
- Spinach grows best when it is cool and rainy out. Grow it during the spring months.

Try It!

- Throw a handful of spinach on top of your next pizza or in your next soup.

INGREDIENTS

Nonfat, Plain Yogurt:	1 1/2 cups
Fat-free milk:	1 1/2 cups
Pineapple Chunks, with Juice:	1 cup
Bananas:	1 1/2 each
Spinach, Raw, Local:	2 cups

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.