

PPS

Green Slime Smoothie

By: Jake and Josh Labelle

Ingredients:

2 cups fresh spinach (about 8 oz.) (freeze the fresh spinach)

2 cups frozen strawberries

2 bananas

2 tbsp honey

Optional:

¼ cup yogurt

½ cup milk

Directions:

1. Freeze the fresh spinach for about an hour. This helps the spinach blend easier and gives a smoother texture.
2. Measure and combine all ingredients into the blender.
3. Blend until smooth.
4. Serve immediately.

Makes 6 Servings



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PPS**Green Slime Smoothie**

Serving Size: 8 oz. portion

Calories	134
Total Fat	.3g
Saturated Fat	.06g
Trans Fat	---
Cholesterol	----
Sodium	11mg
Carbohydrate	35g
Dietary Fiber	3g
Protein	1g
Vitamin A	75g mg (RE)
Vitamin C	41mg
Calcium	21mg



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