

## Green Smoothie

For some good “green” fun, pull out your blender. A spinach smoothie?! You better believe it! And kids will not only slurp it up, they’ll beg for seconds. Check out the recipe below:

Yes, it’s bright green, like the mint chocolate chip and pistachio ice creams that kids love so much. This is a great way to celebrate summer or just have fun anytime! The key is to start with a really good tasting vanilla frozen yogurt or light ice cream; the vanilla extract will help its flavor shine through. Each tablespoon of Green Juice is the equivalent of eating about 1/4 cup of spinach, so you can feel great about serving this delicious treat.

*Makes 2 servings*

### What You Need:

- 2 cups vanilla low-fat ice cream or frozen yogurt
- 4 to 6 tablespoons Green Juice (see recipe below)
- 1/4 cup low fat milk
- 1/2 teaspoon pure vanilla extract

### What You Do:

1. Start with the lesser amount of juice called for, and work up to more over time.
2. Blend all ingredients together in a blender until smooth.
3. Serve in tall glasses with a quick squirt of whipped cream and a straw.

*Nutrition Highlights: Calcium and vegetables Rich in vitamins A, C, and K, manganese, folate, iron, calcium, and protein*

### Make-Ahead Recipe: Green Juice

*This makes about 1 cup of Green juice. Double the recipe if you want to store another cup of juice.*

### What You Need:

- 3 cups raw baby spinach leaves (or 2 cups frozen chopped spinach, or frozen chopped collard greens)
- 1 cup water (If using raw spinach, thoroughly wash it, even if the package says “ pre-washed.”)

### What You Do:

1. Bring spinach or collards and water to boil in a medium pot.
2. Turn heat to low and allow to simmer for 10 minutes.
3. Pour into a fine mesh strainer over a container or bowl, pressing the green “pulp” with the back of a spoon until all the liquid is released.
4. You can store it in the refrigerator for up to 3 days, or freeze 1/4 cup portions in sealed plastic bags or small plastic containers.

