

## Green Pineapple Banana Smoothie

### Ingredients:

- 1 banana, ripe
- 1 cup pineapple chunks, fresh, canned, or frozen
- 3 large handfuls of spinach, fresh
- 1 cup Greek yogurt, low-fat plain
- 1/2 cup water
- 1/2 cup ice

### Equipment:

- Measuring cups
- Spoon
- Colander
- Can opener
- Blender
- Drinking glasses

Number of Servings: 2  
 Prep Time: 10 minutes  
 Total time: 10 minutes

### Directions

1. Rinse spinach in colander and place in blender.
2. Add water and Greek yogurt to the blender and blend for 30 seconds, until combined.
3. Add banana, and blend until smooth.
4. Add pineapple chunks a little at a time, blending well after each addition.
5. If you want a more frozen treat, add ice to desired texture at the end.
6. Pour in glasses to serve as juice or a smoothie.

For more recipes, please visit:  
[www.fcs.ext.vt.edu/recipes](http://www.fcs.ext.vt.edu/recipes)



Friend us on Facebook and follow us on Twitter  
[www.facebook.com/vafnp](https://www.facebook.com/vafnp)  
[www.twitter.com/vafnp](https://www.twitter.com/vafnp)

### Nutrition Facts

Serving Size 1 cup (294.9g)	
Servings Per Container 2	
<b>Amount Per Serving</b>	
<b>Calories</b> 170	Calories from Fat 0
<b>% Daily Value*</b>	
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
<i>Trans Fat</i> 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 80mg	<b>3%</b>
<b>Total Carbohydrate</b> 31g	<b>10%</b>
Dietary Fiber 4g	<b>16%</b>
Sugars 18g	
<b>Protein</b> 13g	
Vitamin A 90%	• Vitamin C 90%
Calcium 15%	• Iron 8%
* Percent Daily Values are based on a 2,000 calorie diet.	

The U.S. Department of Agriculture (USDA) is an equal opportunity provider and employer. This material is partially funded by USDA's Supplemental Nutrition Assistance Program – SNAP. The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact your county or city Department of Social Services or to locate your county office call toll-free: 1-800-552-3431 (M-F 8:15-5:00, except holidays). By calling your local DSS office, you can get other useful information about services. This material was partially funded by the Expanded Food Nutrition Education Program, USDA, NIFA.