Green Smoothies
Makes 4 servings

1. Cut kiwis in half and scoop the green fruit into the blender. Do not use the skin.
2. Peel banana and put in blender.
3. Add yogurt and apple cider, juice, or milk to the blender. Add ice, if using.
4. Add the Secret Ingredient (spinach) to the blender!
5. Put lid on the blender, and blend smoothie until it turns green.

3 ripe kiwis
1 banana
2 cups low fat vanilla yogurt
1 cup apple cider, apple juice, or milk
2 BIG handfuls of spinach (the secret ingredient!)
A handful of ice (optional)

Eat Better, Feel Better is a school-based, community partnership that creates healthier school environments through healthy eating and active living.
Kids can help by:

- Gathering ingredients together
- Scooping out kiwi
- Peeling banana
- Measuring ingredients
- Putting ingredients in blender
- Turning blender on and off
- Helping with clean up

This material was funded by the USDA's Supplemental Nutrition Assistance Program through Public Health—Seattle & King County. SNAP provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, call 1-800-221-5689. This institution is an equal opportunity provider and employer.