

Kiwi Sprout Green Smoothie

THE JAMES
Mobile
Education
Kitchen

Heart Health

Items Needed: cutting board, knife, blender

Makes: 2 smoothies

Ingredients:

- 1 kiwi
- 1 small banana (frozen)
- ¾ cup unsweetened vanilla plant milk
- 4 oz vanilla greek yogurt
- 1 cup of spinach or kale
- ¼ cup sprouts of your choice
- 1 tsp honey (should you prefer your green smoothie a little sweeter.)

Directions:

1. Place all ingredients in the base of your blender.
2. Puree until smooth, add ice if you want a thicker smoothie and adjust sweetness to taste.
3. Enjoy!

Nutrition Information (per ½ recipe):

Calories: 170 Fat: 2 g Carbs: 30.8 g Protein: 9.7 g Fiber: 5 g Sodium: 44.4 mg

<https://wexnermedical.osu.edu/nutrition-services>

<https://wexnermedical.osu.edu/rossgarden>

