Kiwi Sprout Green Smoothie

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