



A Nutrition Resource

GROOVY GREEN SMOOTHIE

Yield: 4 Servings | Serving Size: 1 kabob and 1/4 cup yogurt dip

Cost/Serving: \$0.62

Ingredients:

2 small fruits (or more) of your choice, such as apple, pear, clementine orange, banana, kiwi, grapes

1 (8-ounce) can chunk pineapple

1(6- or 8-ounce) container low-fat vanilla or fruit-flavored yogurt

Directions:

- 1) Wash fruit with cold running water and rubbing. Peel bananas, clementine oranges, and kiwi.
- 2) Drain pineapple juice into a bowl.
- 3) Cut fruit in wedges or chunk. Dip fruit that turns dark (such as apples and bananas) in the pineapple juice.
- 4) Thread fruit on skewers or toothpicks. Arrange on a platter.
- 5) Pour yogurt into a bowl and add 2 teaspoons of brown sugar.

Variations: Use plain yogurt and add 2 teaspoons of brown sugar.

Tips for preparing fruit: For longer storage life, wait to wash until just before eating, rather than as soon as received.

Wash by gently rubbing the produce under clean running tap water.

Nutrition Facts

4 servings per container

Serving size 1 kabob and 1/4 cup yogurt dip (175g)

Amount per serving

Calories 90

% Daily Value*

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 30mg 1%

Total Carbohydrate 21g 8%

Dietary Fiber 2g 7%

Total Sugars 17g

Includes 2g Added Sugars 4%

Protein 3g

Vitamin D 0mcg 0%

Calcium 99mg 8%

Iron 0mg 0%

Potassium 155mg 4%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



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Wash fruits when the skin and rind are not eaten, such as oranges and melons. Raw fruit can carry bacteria or viruses that will make you sick. The bacteria come from the soil, from people who handle the produce, or from the knives and cutting boards in your home.

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