

Nutrition Education

Diets high in fruits and vegetables are linked to lower rates of many diseases. These vitamin rich smoothies make it easy to eat more fruits and vegetables.

Groovy Green Smoothie

INGREDIENTS:

1 banana, cut in chunks	1/2 apple, cored and chopped
1 cup grapes	1 1/2 cups fresh spinach leaves
1 (6 ounce) container vanilla yogurt	

DIRECTIONS:

Place the banana, grapes, yogurt, apple and spinach into a blender. Cover, and blend until smooth, stopping frequently to push down anything stuck to the sides. Pour into glasses and serve. Makes 4 servings.

Peach Yogurt Smoothie

INGREDIENTS:

1 cup low-fat yogurt (try peach, vanilla or lemon)
1 banana
3/4 cup orange juice
1/2 cup frozen peaches

DIRECTIONS:

Put all ingredients into a blender.
Blend until smooth.
Refrigerate leftovers.

