







# Shamrocks & Gold Smoothie

Makes 4 cups

## **Ingredients:**

- 2/3 cup 100% apple juice
- ½ cup fresh baby spinach
- 2 cups frozen pineapple chunks, no sugar added
- 1 cup low-fat vanilla yogurt
- 1 banana

#### **Directions:**

- 1. Add apple juice and spinach leaves to blender. Blend first to help make it smooth and avoid leafy chunks.
- 2. Place the remaining ingredients in the blender.
- 3. Blend until smooth and serve.

## **Nutrition Information per Serving (1 cup):**

135 Calories, 1g Total Fat, 0g Saturated Fat, 35mg Sodium, 31g Total Carbs, 24g Sugars, 2g Dietary Fiber, 2g Protein

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