



Fresh Green Smoothie

Recipe Source: www.foodnetwork.com

Serves 1-2

Ingredients:

- 1 cup chopped fresh or frozen pineapple (unsweetened)
- 1 cup packed chopped fresh spinach or kale (stems removed)
- 1 cup frozen green grapes
- 1 Tbsp fresh lemon juice
- 1 tsp finely grated fresh ginger
- 1 tsp ground flaxseed

Steps:

- Put all ingredients into a blender and blend on high until very smooth, turning the blender off and pushing down ingredients toward blade as necessary. Add 1-2 tablespoons of water if needed to adjust consistency. Pour into glasses and serve immediately.

Tips from the Test Kitchen: This is a very refreshing combination! Feel free to try mint along with or instead of the ginger. To make this more substantial, you can add a cup of low-fat plain yogurt.

Nutritional Facts (per serving): Calories: 168, Carbohydrates: 43 grams, Protein: 2 grams, Total Fat: 1 grams, Saturated Fat: 0 gram, Cholesterol: 0 mg, Sodium: 16 mg, Fiber: 3 grams, Total Sugars: 38 grams.