



# Green Hawaii Smoothie

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Servings: 1

## Ingredients:

- 1 cup of non-fat vanilla Greek yogurt
- 1 banana, frozen or fresh
- 1 cup pineapple, frozen or fresh
- 1 cup fresh baby spinach, packed
- 1/4-1/2 cup orange juice, apple juice or milk
- Ice optional

## Steps:

- Blend until smooth, if using frozen fruit, use 1/2 cup of liquid

*Tips from the Kitchen: Use milk instead of orange or apple juice to decrease the sugar content.*

**Nutritional Facts (per serving):** Calories: 383, Carbohydrates: 85 grams, Protein: 16 grams, Total Fat: 1 grams, Saturated Fat: 0 grams, Cholesterol: 5 mg, Sodium: 209 mg, Fiber: 9 grams, Total Sugars: 59 grams.