



**Kid-Friendly Big Green Monster Smoothie!**



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Servings: 6

## Ingredients

- 1 green apple (leave skin on), cored, cut into large chunks
- 1-2 handfuls of spinach, washed
- 1/4 large cucumber (peeled, cut into large chunks)
- 1 kiwi, peeled and cut into chunks
- 2 Tbsp. fresh lemon juice
- 1 cup low-fat milk (or milk substitute or water)
- 2 tsp. honey
- 1 cup ice cubes

## Directions

Add all ingredients into a blender. Pulse until thoroughly blended. When blended to desired consistency, pour into cups and serve.



**Tip:** Draw monster faces on a clear plastic cup and pour smoothie in for added fun!

## Nutrition Facts

<b>Calories</b>	53
<b>Total Fat</b>	0.5 g
Saturated Fat	0.0 g
Trans Fat	0.5 g
Polyunsaturated Fat	0.0 g
Monounsaturated Fat	0.0 g
<b>Cholesterol</b>	2 mg
<b>Sodium</b>	30 mg
<b>Total Carbohydrate</b>	11 g
Dietary Fiber	2 g
Sugars	9 g
<b>Protein</b>	2 g

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