

## Bi-Weekly Recipe

### Strawberry Spinach Smoothie

#### Ingredients

Preparation time: 5 minutes

Servings: 1-16oz. smoothie

1 cup water

1 cup baby spinach (fresh or frozen)

¾ cup frozen strawberries

½ banana

1 scoop vanilla whey protein powder

#### Optional:

1-2 tbsp. flax or chia seeds

Use ½ cup orange juice in place of ½ cup of water

#### Directions

1. Add water to blender.
2. Add frozen strawberries, spinach, banana, and whey protein.
3. Add any additional ingredients, if desired.
4. Mix in blender for up to one minute, until smooth.



#### Cost per serving:

\$ = < \$5, \$\$ = \$5-10, \$\$\$ = > \$10

#### Strawberry Spinach Smoothie

Amount	16oz.
Calories	220
Fat (g)	2
Sat. Fat (g)	1
Carb. (g)	35
Fiber (g)	6
Protein (g)	19
Gluten Free.	

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#### Cooking Tip

Make a large batch to share with teammates, family, and friends! Substitute any leafy green vegetable for spinach (kale, swiss chard, beet greens). Freeze leftovers in ice cube trays to pop into your next smoothie.

#### Performance Facts

Strawberries are an excellent source of the antioxidant vitamin C. Vitamin C helps boost immunity, promote eye health, and fight cancer cells. Phytochemicals in strawberries can lower bad (LDL) cholesterol, reduce inflammation, and lower blood pressure. One cup of spinach has nearly 20% of the RDA of dietary fiber, which aids in digestion, prevents constipation, maintains blood sugar levels, and helps prevent overeating by promoting fullness.