

Citrus Sunshine Green Smoothie

Don't be intimidated by the green color! While the spinach packs a punch of vitamins, the citrus flavor dominates in this refreshing breakfast treat!

Makes 2 servings

Price Per Serving: \$1.19

Prep Time: 3 minutes

Citrus fruits are in season in the winter—just when we're in need of a tropical, sunshine feeling in Chicago! Luckily, this smoothie packs an entire orange and a healthy bunch of spinach to get your day going in the right and bright direction!

- 1 medium orange, peeled and cut into segments
- 1 cup frozen mango chunks or peach slices
- 3 cups spinach leaves
- 1 cup milk of your choice (fat-free, soy, almond, etc.)

Place all ingredients in a blender and mix until smooth. Serve immediately and enjoy!

Breakfast, Fruit



Nutrition Facts	
Serving Size 320 g	
Amount Per Serving	
Calories 157	Calories from Fat 17
% Daily Value*	
Total Fat 2g	3%
Saturated Fat 1g	5%
Trans Fat	
Cholesterol 5mg	2%
Sodium 109mg	5%
Total Carbohydrate 31g	10%
Dietary Fiber 4g	16%
Sugars 18g	
Protein 7g	
Vitamin A 105% • Vitamin C 131%	
Calcium 26% • Iron 8%	
<small>*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.</small>	
NutritionData.com	

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