

# Go Green Smoothie



## Ingredients

- 2 cups Spinach and/or baby kale, lettuce, or other greens
- 1 medium apple, chopped
- ½ banana, chopped
- 2 cups chilled green tea (prepared in advance)
- Lime or lemon juice
- 2 dates
- ½ avocado

## Method of preparation

1. In a blender, place all ingredients as listed in order
2. Blend everything until evenly mixed. Enjoy!

## Nutrition Facts

Serving size: 1 cup

Servings: 1

Amount per serving

**Calories** **434**

% Daily Value\*

**Total Fat** 20.5g **26%**

Saturated Fat 4.2g **21%**

**Cholesterol** 0mg **0%**

**Sodium** 56mg **2%**

**Total Carbohydrate** 67.6g **25%**

Dietary Fiber 16.3g **58%**

Total Sugars 41.7g

**Protein** 5.3g

Vitamin D 0mcg **0%**

Calcium 82mg **6%**

Iron 4mg **20%**

Potassium 1396mg **30%**

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## Dates

Dates are high in fiber, have been shown to improve bone health, and maintain healthy blood-sugar levels. Additionally, they are rich in antioxidants and an excellent natural sweetener.



## Green tea

Green tea is filled with antioxidants and many healthy bioactive components. Research has shown that green tea can help with weight loss, improve cognitive functions, and may help protect the brain against aging.