TROPICAL GREEN SMOOTHIE

Serves: 4-6
Approximate Cost of the Recipe: $4.76
Approximate Cost per Serving: $1.19

INGREDIENTS:
1 banana
2 cups spinach, packed
1 cup frozen mango
1 cup frozen pineapple
Up to 3 cups milk or milk alternative (such as coconut milk)

DIRECTIONS:
1. Wash hands and surfaces. Rinse fresh produce under running water.
2. Peel banana.
3. Add banana, spinach, mango, pineapple and one cup of milk/milk alternative. Blend until smooth, adding more milk as needed.
4. Serve and enjoy!

Prepared by Rhode Island Community Food Bank’s Healthy Habits, Eating Well on a Budget Program.
Contact: Melissa Furtado, Community Nutrition Manager | (401) 230-1700 | mfurtado@rifoodbank.org