



## Shamrocks & Gold Smoothie

*Makes 4 cups*

### Ingredients:

- 2/3 cup 100% apple juice
- ½ cup fresh baby spinach
- 2 cups frozen pineapple chunks, no sugar added
- 1 cup low-fat vanilla yogurt
- 1 banana

### Directions:

1. Add apple juice and spinach leaves to blender. Blend first to help make it smooth and avoid leafy chunks.
2. Place the remaining ingredients in the blender.
3. Blend until smooth and serve.

### Nutrition Information per Serving (1 cup):

135 Calories, 1g Total Fat, 0g Saturated Fat, 35mg Sodium, 31g Total Carbs, 24g Sugars, 2g Dietary Fiber, 2g Protein

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