



Spinach, Strawberry and Blueberry Smoothie

September is National Fruits and Veggies Month - and this smoothie packs both!

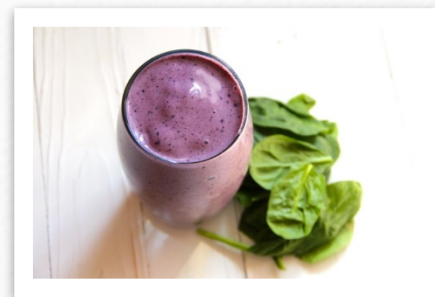
This smoothie is antioxidant non-heme iron rich! Spinach is rich in non-heme iron, which is best absorbed along with a dose of vitamin C - this smoothie has 166% of your needed vitamin C for the day!

If you aren't a fan of spinach - hiding it in smoothies is the perfect way to get the benefit of this nutrition powerhouse of a vegetable without the taste!

ENJOY!

Ingredients

4 oz. cranberry juice
2 oz. vanilla soy milk (or milk of choice)
Small handful of spinach leaves
¼ cup fat-free strawberry yogurt
1 cup frozen strawberries
½ cup frozen wild blueberries
Sprinkle of cinnamon (optional)



Directions

1. Add all ingredients into blender (add ice last), cover and puree until smooth.
2. Enjoy!

Yields – 16 oz.

Calories: 213

Protein: 5.1 g

Carb: 48 g

Fat: 1.5 g

Sodium: 69 mg

Fiber: 5 g