



Healthy Food, Healthy Families
EFNEP
 EXPANDED FOOD AND NUTRITION EDUCATION PROGRAM

‘Get Your Fruits and Veggies’ Smoothie

- 1 cup (about 6 large) frozen unsweetened strawberries
- 3/4 cup fat-free milk
- 1/2 cup firmly-packed fresh kale leaves
- 2 Tablespoons peanut butter
- 1 Tablespoon sugar

1. Wash your hands and work area.
2. Put all of the ingredients in a blender.
3. Cover and blend on high speed until smooth.
4. Serve cold.
5. Cover and freeze leftovers promptly.

Nutrition Facts	
Serving Size 1 cup (207g)	
Servings Per Container 2	
Amount Per Serving	
Calories 190	Calories from Fat 70
% Daily Value*	
Total Fat 8g	13%
Saturated Fat 1.5g	8%
Cholesterol 0mg	0%
Sodium 130mg	5%
Total Carbohydrate 23g	8%
Dietary Fiber 3g	11%
Sugars 16g	
Protein 8g	
Vitamin A 60%	Vitamin C 90%
Calcium 15%	Iron 6%



For more information contact Wildcat Extension Offices:

- | | |
|---------------------|---------------------|
| Pittsburg | 620-232-1930 |
| Girard | 620-724-8233 |
| Altamont | 620-784-5337 |
| Independence | 620-331-2690 |



K-State Research and Extension is an equal opportunity provider and employer.