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# “Kale-ci-Yum” Smoothie

**CALCIUM is important for healthy TEETH and BONES!**

**Yogurt and kale have calcium.**

**Fruit adds natural sweetness with NO added sugar!**

**Ingredients:**

**Portions:** Approximately 4 4oz servings

- 8oz fat free plain yogurt
- ½ cup canned crushed pineapple (packed in water or juice)
- 1 medium ripe banana
- 2 cups raw kale
- 1 cup of ice

**Directions:**

- Wash kale and remove stems
- Blend all ingredients in a blender

<b>Food Groups</b>	<b>Amount Per Portion</b>
<b>Vegetables</b>	¼ cup(s)
<b>Dark Green</b>	¼ cup(s)
<b>Fruits</b>	¼ cup(s)
<b>Whole Fruit</b>	¼ cup(s)
<b>Dairy</b>	¼ cup(s)
<b>Milk &amp; Yogurt</b>	¼ cup(s)
<b>Limits</b>	<b>Amount Per Portion</b>
<b>Total Calories</b>	93 Calories
<b>Added Sugars</b>	0 Calories
<b>Nutrients</b>	<b>Amount Per Portion</b>
<b>Protein</b>	5 g
<b>Dietary Fiber</b>	2 g
<b>Total Sugars</b>	12 g
<b>Added Sugars</b>	0 g
<b>Total Fat</b>	1 g
<b>Minerals</b>	<b>Amount Per Portion</b>
<b>Calcium</b>	169 mg
<b>Vitamins</b>	<b>Amount Per Portion</b>
<b>Vitamin A</b>	170 µg RAE
<b>Vitamin C</b>	46 mg
<a href="http://www.SuperTracker.usda.gov">www.SuperTracker.usda.gov</a>	