

Apple, Spinach, and Lime Smoothie

Ingredients:

- 1 small apple, chopped
- 1 tangerine, peeled
- 1 tablespoon lime juice
- 1/4 teaspoon powdered ginger
- 1 cup baby spinach leaves
- 1/2 cup plain non-fat Greek yogurt
- 1 tablespoon honey
- 1/2 cup ice



Nutrition Facts:

- 246 calories
- 15 grams protein
- 51 grams carbohydrates
- 5 grams fiber
- 1 gram fat

Prepared by: Dan Curley, Registered Dietitian

WARNING: FOOD ALLERGY ALERT: Smoothies are served fresh but **may contain or come in contact with allergens, including eggs, fish, milk, peanuts, shellfish, soy, tree nuts, wheat.** While we take precautions when preparing smoothies that contain allergens we cannot guarantee that other items are free from allergens. Please consult with your physician about any food allergies, food sensitivities or dietary restrictions. If you have a food allergy, are uncertain of any food allergies, and/or have special dietary needs **we strongly suggest that you do not consume any foods or smoothies provided at our event(s).** We do not assume any responsibility for a person's sensitivity or allergy to any food item provided at our event.