Green Smoothie

This recipe is part of the Feast for the Eyes® collection

• 1 cup chopped kale
• 1 cup grapes
• 1 cup chopped mango (frozen is okay)
• 2 teaspoons fresh lime juice
• 2 tablespoons orange juice

Combine all ingredients in a blender and whir until smooth. Pour into a glass.
**Nutritional Profile (per smoothie)**

Serves 1

- Calories: 210
- Total fat: 2 g
- Saturated fat: 0 g
- Protein: 5 g
- Carbohydrates: 50 g
- Fiber: 6 g
- Sugars: 42 g
- Cholesterol: 0 mg
- Sodium: 29 mg
- Vitamin A: 8,638 IU
- Vitamin C: 163 mg
- Vitamin E: 4 IU
- Zinc: 0.58 mg
- Beta-carotene: 5,095 mcg
- Lutein and zeaxanthin: 5,633 mcg
- Omega-3 fatty acids: 0 g
Green Smoothie Shopping List

- Fresh kale
- Grapes
- 1 ripe mango or frozen mango
- 1 fresh lime, or bottled lime juice
- Orange juice

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