

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