



Peanut Butter Banana Breakfast Shake

Serves 1

Ingredients:

- 1 cup low-fat milk
- ½ cup frozen banana slices
- 1 tbsp peanut butter
- ¼ tsp cinnamon
- ½ tsp vanilla extract (optional)
- Optional - top smoothie with a dusting of cocoa powder (sweetened or unsweetened mixed with equal amount of sugar)

The Green Monster Shake

Serves 4

Ingredients:

- 2 cups baby spinach
- 2 cups of frozen mango chunks, slightly thawed
- 1 frozen banana, slightly thawed
- 1 cup pineapple chunks
- 2 cups apple juice
- 1 tbsp sliced almonds, optional

For BOTH shakes:

Materials: Blender or hand blender with mixing cup, measuring cups and spoons

Directions: Add all ingredients to blender or large mixing cup (in batches if serves more than one) and blend until smooth.

Nutrition Facts	
Serving Size 1 shake (342g)	
Servings Per Container 1	
Amount Per Serving	
Calories 260	Calories from Fat 70
% Daily Value*	
Total Fat 8g	12%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 200mg	8%
Total Carbohydrate 34g	11%
Dietary Fiber 3g	12%
Sugars 23g	
Protein 14g	
Vitamin A 10%	Vitamin C 15%
Calcium 25%	Iron 4%
*Percent Daily Values are based on a diet of 2,000 calories per day. Your daily values may be higher or lower depending on your calorie needs.	
Calories: 2,000 2,500	
Total Fat	Less than 85g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	



Nutrition Facts	
Serving Size 1/4 of recipe	
Servings Per Container 4	
Amount Per Serving	
Calories 170	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 25mg	1%
Total Carbohydrate 44g	15%
Dietary Fiber 4g	16%
Sugars 36g	
Protein 2g	
Vitamin A 25%	Vitamin C 130%
Calcium 2%	Iron 6%
*Percent Daily Values are based on a diet of 2,000 calories per day. Your daily values may be higher or lower depending on your calorie needs.	
Calories: 2,000 2,500	
Total Fat	Less than 85g 80g
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