

Cinnamon Apple Supergreen Smoothie

Palm Beach Post

Servings: 1

1 frozen banana, cut into bite-sized pieces

1 Granny Smith apple (skin on), cored and chopped

1 tablespoon fresh lemon juice

1 large handful baby spinach

1 cup cold water

2 to 3 pitted dates

1/2 teaspoon cinnamon

1/8 teaspoon nutmeg

4 to 5 ice cubes

Place the banana, apple, lemon juice, spinach, water, dates, cinnamon and nutmeg in a high-powered blender.

Process until smooth and creamy.

Add the ice and process again.

Drink chilled.

Per Serving (excluding unknown items): 54 Calories; trace Fat (2.9% calories from fat); trace Protein; 15g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 11mg Sodium. Exchanges: 0 Grain(Starch); 1 Fruit; 0 Fat.

Beverages

Per Serving Nutritional Analysis

Calories (kcal):	54
% Calories from Fat:	2.9%
% Calories from Carbohydrates:	94.3%
% Calories from Protein:	2.8%
Total Fat (g):	trace
Saturated Fat (g):	trace
Monounsaturated Fat (g):	trace
Polyunsaturated Fat (g):	trace
Cholesterol (mg):	0mg
Carbohydrate (g):	15g
Dietary Fiber (g):	2g
Protein (g):	trace
Sodium (mg):	11mg

Vitamin B6 (mg):	trace
Vitamin B12 (mcg):	0mcg
Thiamin B1 (mg):	trace
Riboflavin B2 (mg):	trace
Folacin (mcg):	5mcg
Niacin (mg):	trace
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Daily Value*	n/a%

Food Exchanges

Grain (Starch):	0
Lean Meat:	0
Vegetable:	0

Potassium (mg): 134mg
Calcium (mg): 27mg
Iron (mg): 1mg
Zinc (mg): trace
Vitamin C (mg): 7mg
Vitamin A (i.u.): 15IU
Vitamin A (r.e.): 1 1/2RE

Fruit: 1
Non-Fat Milk: 0
Fat: 0
Other Carbohydrates: 0

Nutrition Facts

Servings per Recipe: 1

Amount Per Serving

Calories 54 Calories from Fat: 2

% Daily Values*

Total Fat	trace	0%
	Saturated Fat trace	0%
Cholesterol	0mg	0%
Sodium	11mg	0%
Total Carbohydrates	15g	5%
	Dietary Fiber 2g	8%
Protein	trace	

Vitamin A	0%
Vitamin C	12%
Calcium	3%
Iron	4%

** Percent Daily Values are based on a 2000 calorie diet.*