



# VITAL CUISINE® Green Power Smoothie





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## Green Power Smoothie



### INGREDIENTS

#### 1 Serving

2 (8 g) packets Item: 15309

or

2 scoops Item: 13126 **VITAL CUISINE® PROPASS® Whey Protein Supplement**

1 cup fresh spinach leaves

1/3 cup mango chunks, frozen

1/3 cup plain Greek yogurt

1 Tbsp peanut butter (all natural preferred)

1/2 cup (4 fl oz) **VITAL CUISINE® 500 Shake**, Vanilla Item: 72504

or

**VITAL CUISINE® Vanilla Shake Mix** Item: 28289, prepared with whole milk

2 Tbsp water, as needed for blending

### NUTRITION

Using **VITAL CUISINE® 500 Shake**

**Serving Size:** 10-12 fl oz.

**Calories:** 520

**Total Fat:** 23g

**Saturated Fat:** 5g

**Trans Fat:** 0g

**Cholesterol:** 70mg

**Sodium:** 350mg

**Total Carbs:** 45g

**Dietary Fiber:** 2g

**Total Sugars:** 28g

**Added Sugars:** 9g

**Protein:** 35g

**Vitamin D:** 0% DV

**Calcium:** 40% DV

**Iron:** 6% DV

**Potassium:** 10% DV

Using **VITAL CUISINE® Shake Mix prepared with whole milk**

**Serving Size:** 10-12 fl oz

**Calories:** 420

**Total Fat:** 17g

**Saturated Fat:** 6g

**Trans Fat:** 0g

**Cholesterol:** 75mg

**Sodium:** 260mg

**Total Carbs:** 36g

**Dietary Fiber:** 2g

**Total Sugars:** 28g

**Added Sugars:** 10g

**Protein:** 31g

**Vitamin D:** 8% DV

**Calcium:** 30% DV

**Iron:** 25% DV

**Potassium:** 10% DV

### DIRECTIONS

1. Blend all ingredients on high until smooth.
2. Pour into glass and enjoy!

### SERVING SUGGESTION:

Recipe may also be served as a smoothie bowl. Pour into bowl, add desired toppings, and enjoy!