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4-H Project Connection....

Connecting 4-H military programs in Maryland and Europe to outstanding projects in science, citizenship, leadership and life skills.

Try this Nutrition Based Activity

Have Fun While Eating Healthy: Spinach Smoothies

What You Need

- 1-2 ripe bananas
- a handful of spinach leaves
- 1/2 cup frozen blueberries
- any other fruit you if you want to add, fresh or frozen such as raspberries
- half of a small yogurt, or more if you like
- a dash of liquid, either milk (dairy or non-dairy) or any kind of juice

What's Going On

We know what you're thinking, a spinach smoothie? Why would anyone put spinach in a smoothie? Well, there's a really good reason! Not only is spinach low in calories, it is also a good source of iron and essential nutrients such as vitamins A and C, minerals, and fiber. Spinach also contains 3 grams of protein per serving, making it a great choice. But not everyone likes spinach! This smoothie solves that problem. You can't taste the spinach in the smoothie, only the delicious fruit! It's great for you and it tastes great too.

Do and Observe

1. Add all liquids to the blender first
2. Peel bananas and slice any other fruits; add with yogurt
3. Add the handful of spinach
4. Blend all ingredients to the desired consistency. If the smoothie is too runny, add more banana or a cube or two of ice. If you are having trouble getting it to blend, you need to add more liquid — just a little at a time.

Serving Size: 1 Large Smoothie, or 2 Kid Sized Smoothies

Educator Tips and Questions

Talk about the importance of eating healthy foods such as spinach. Discuss the nutritional benefits such as its high iron and vitamin content and why these are all important for healthy living, especially for growing kids.

Recipe and information courtesy of <http://surefoodsliving.com/2009/03/spinach-smoothies-that-you-and-your-kids-will-love/>

Check out these and other pages for more for variations of this recipe and for more fun spinach recipes your kids will love!