Farm to Table provides local, sustainably grown foods to childcare programs in Seattle to increase access to highly nutritious foods. The program is supported by funding from the City of Seattle Sweetened Beverage Tax.

Green Smoothie

Recipe from Tilth Alliance Makes 12 ounces

Ingredients

1 banana

1/2 cup milk of choice (dairy or dairy-free)

1 cup frozen fruit (such as mango, pineapple, kiwi, papaya, guava)

1/2 cup spinach or leafy green of choice

1/2 avocado (optional)

1/4 cup yogurt (optional)

Optional flavor boosters: ginger, mint, basil, lime, or lemon



Photo credit: Vitamix website

Instructions

In a blender, combine all ingredients, blend until smooth and no lumps are left. Add more milk or water if needed for desired thickness and consistency.

Note:

- To make the recipe dairy free, use dairy-free milk and yogurt alternatives.
- Avocado and yogurt are optional additions but add a creamier texture to the smoothie.
- Green smoothies are most vibrant in color when greens are added to yellow and orange fruits that have high acidity.







