PURPLE POWER ORGANIC SMOOTHIE

Made exclusively for Sprout by Sharon Palmer, Plant Powered Dietitian

Tots can power up on this delicious deep purple smoothie, made easy with a Sprout Organic Spinach Banana Apple pouch.

1 pouch
Sprout Organic Spinach Banana Apple

1/2 cup
loosely packed organic greens (i.e., chard, spinach, kale)

3/4 cup
frozen organic blueberries, unsweetened

1 tablespoon
organic almond butter

1/4 cup
organic almond milk, unsweetened, plain

1. Place all items in a blender and process until smooth.

2. Pour into serving container. May garnish with blueberries, if desired. Serve immediately.

Makes 1-1/4 cups; 4 small (1/3 cup) servings, 2 medium (2/3 cup) servings, 1 large (1 cup) serving.

Nutrition Information per Serving (half of recipe): 122 calories, 5.5g total fat, 0.5g saturated fat, 0mg cholesterol, 41mg sodium, 18g carbohydrate, 3g fiber, 10g sugar, 4g protein