



FLORIDA HOSPITAL
WATERMAN



Tour de Smoothie



Peach Orange Smoothie

1 cup orange juice
1 cup frozen peaches
¼ cup vanilla yogurt, low fat
1/3 cup ice

Calories: 168
Total Fat: 1.1 g
Total Carbohydrates: 37 g
Dietary Fiber: 1.5 g
Protein: 4 g

Berry Berry Kale Smoothie

½ cup frozen blueberries
½ cup strawberries
½ cup sliced banana
1 cup kale
½ cup orange juice
½ cup ice cubes

Calories: 177.4
Total Fat: 1.2g
Total Carbohydrates: 42.5g
Dietary Fiber: 5.5g
Protein: 3.1g

Pineapple Mango Coconut Smoothie

½ cup pineapple, cubed
¾ cup frozen mango chunks
½ cup vanilla yogurt, low fat
½ cup ice cubes
Garnish with 1/3 tsp of toasted coconut

Calories: 186.1
Total Fat: 2.1g
Total Carbohydrate: 38g
Dietary Fiber: 2.4g
Protein: 6.7g

Very Green Smoothie

¾ cup kale
¾ cup spinach
1 cup apples, unpeeled
½ cup bananas, sliced
½ tbsp ginger
¼ cup parsley
1 tsp lemon juice
½ cup water
½ cup ice cubes