



**American  
Heart  
Association®**

life is why™

### Big Green Monster Smoothie

Makes six (6) 4-oz. (½-cup) servings.

#### Ingredients

- 1 green apple, cored and cut into large chunks (leave skin on)
- 1-2 handfuls of washed spinach
- ¼ large cucumber, peeled and cut into chunks
- 1 kiwi, peeled and cut into chunks
- 2 tablespoons fresh lemon juice
- 1 cup low-fat milk (or milk substitute or water)
- 2 teaspoons honey
- 1 cup ice cubes

#### Directions

Add all ingredients into a blender. Pulse until thoroughly blended. When blended to desired consistency, pour into cups and serve.

#### Recipe Notes

- Food allergies and sensitivities: This recipe includes milk. Water or milk substitute can be used in place of milk, if necessary.
- If ice cubes aren't available, use chilled ingredients for best results.
- Try adding cinnamon, vanilla or ginger to change the flavor of the smoothie.
- If listed vegetables and fruits aren't available, substitute other green produce items such as parsley, pears, peas, kale, leaf lettuce, greens or green beans. Note: The flavor profile and nutrition information will change.

#### PER SERVING

Calories	53
Fat	0.5 g
Saturated Fat	0.5 g
Trans Fat	0.0 g
Polyunsaturated Fat	0.0 g
Monosaturated Fat	0.0 g
Cholesterol	2 mg
Sodium	30 mg
Carbohydrates	11 g
Dietary Fiber	2 g
Total Sugars	9 g
Protein	2 g

Simple  
**Cooking** with  
 **Heart**™ for  
**KIDS**