



A Nutrition Resource

# EASY AS 1, 2, 3 SMOOTHIE RECIPE

**Yield: 6 Servings**  
**Cost/Serving: \$0.90**

## Ingredients:

2 cups fresh greens  
4 cups cold water  
6 cups fruit

## Directions:

1. Add greens, water, and berries/fruit to blender in that order. If greens are put in last it will be difficult to blend.
2. Blend until smooth, stopping to stir ingredients or scrape sides of blender as needed.

## Nutrition Facts

6 servings per container

**Serving size** 1 cup (0.0g)

**Amount Per Serving**

**Calories** **80**

% Daily Value\*

**Total Fat** 0.5g **1%**

Saturated Fat 0g **0%**

Trans Fat 0g

**Cholesterol** 0mg **0%**

**Sodium** 10mg **0%**

**Total Carbohydrate** 17g **6%**

Dietary Fiber 6g **21%**

Total Sugars 10g

Includes 0g Added Sugars **0%**

**Protein** 1g

Vitamin D 0mcg **0%**

Calcium 30mg **2%**

Iron 1.4mg **8%**

Potassium 60mg **2%**

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Source: MT Harvest of the Month and  
Erin Jackson, Gallatin Vallet Farm to  
School

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