



VITAL CUISINE® Green Power Smoothie





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INGREDIENTS

1 Serving

2 (8 g) packets Item: 15309

or

2 scoops Item: 13126 **VITAL CUISINE® PROPASS® Whey Protein Supplement**

1 cup fresh spinach leaves

1/3 cup mango chunks, frozen

1/3 cup plain Greek yogurt

1 Tbsp peanut butter (all natural preferred)

1/2 cup (4 fl oz) **VITAL CUISINE® 500 Shake**, Vanilla Item: 72504

or

VITAL CUISINE® Vanilla Shake Mix Item: 28289, prepared with whole milk

2 Tbsp water, as needed for blending

NUTRITION

Using **VITAL CUISINE® 500 Shake**

Serving Size: 10-12 fl oz.

Calories: 520

Total Fat: 23g

Saturated Fat: 5g

Trans Fat: 0g

Cholesterol: 70mg

Sodium: 350mg

Total Carbs: 45g

Dietary Fiber: 2g

Total Sugars: 28g

Added Sugars: 9g

Protein: 35g

Vitamin D: 0% DV

Calcium: 40% DV

Iron: 6% DV

Potassium: 10% DV

Using **VITAL CUISINE® Shake Mix prepared with whole milk**

Serving Size: 10-12 fl oz

Calories: 420

Total Fat: 17g

Saturated Fat: 6g

Trans Fat: 0g

Cholesterol: 75mg

Sodium: 260mg

Total Carbs: 36g

Dietary Fiber: 2g

Total Sugars: 28g

Added Sugars: 10g

Protein: 31g

Vitamin D: 8% DV

Calcium: 30% DV

Iron: 25% DV

Potassium: 10% DV

DIRECTIONS

1. Blend all ingredients on high until smooth.
2. Pour into glass and enjoy!

SERVING SUGGESTION:

Recipe may also be served as a smoothie bowl. Pour into bowl, add desired toppings, and enjoy!