

Greener Partners

Connecting communities through food, farms & education

Guess what I ate today?

Smoothies! Today we blended up berries, orange juice and bananas -- plus greens from the Farm Explorer Truck into tasty smoothies.

Fruit Facts

Spring and early Summer is a good time to buy locally grown berries such as strawberries, blueberries and raspberries. It is late summer or winter, frozen berries work too! Fruits are filled with vitamins, minerals, antioxidants, and other health-promoting nutrients. Plus, they are delicious! Healthy drinks are an important part of our food choices. Best choices include milk, water – plain or flavored with a slice of lemon or cucumber, 4-6 oz. of 100% juice per day, a splash of juice with seltzer -- or this healthy smoothie!

Green Smoothie Recipe

2 cups plain yogurt

2 bananas

2 cups frozen berries or fruit (blueberries, pineapple, mango, raspberries, strawberries)

½ cup orange juice

A handful of a fresh greens, such as: spinach, swiss chard, kale, collards, beet greens.

In a blender, blend all ingredients until smooth and creamy. Sip, slurp and smile! You will be surprised by how the healthy greens blend right in. Serves 4.

Learn more about Greener Partners by visiting our website at www.greenerpartners.org.