

# Text2LiveHealthy

## Fruit and Veggie Smoothie Recipes

*(Adapted from Well + Good, accessed date Feb. 2019)*

### Make eating fruits and veggies fun

Fruit and veggie smoothies will never go out of style, whether you sip on one for breakfast or savor one to get you through the afternoon.

Give it a try to boost your day!

### Blueberry Spinach Splash

#### Ingredients:

- 1 banana (\$0.19)
- 2 cups spinach (\$0.50)
- 1/2 cup frozen blueberries (\$0.62)
- 1 cup low-fat milk (\$0.22)
- 2 tablespoons of peanut butter (\$0.10)

**Price per smoothie: \$1.63**



### Strawberry Avocado Blast

#### Ingredients:

- 2 cups spinach (\$0.50)
- 1/4 avocado (\$0.42)
- 1/2 cup frozen strawberries (\$0.50)
- 1 cup low-fat milk (\$0.22)

**Price per smoothie: \$1.64**



For more information visit: <https://www.wellandgood.com/good-food/inexpensive-superfood-smoothies-from-trader-joes/>



**SNAP-Ed**  
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