



Spinach & Peach Smoothie

Batido De Espinacas Y Melocotón

Ingredients

- 1 cup water or low-fat milk (or non-dairy milk)
- 1 cup fresh spinach
- 1 cup frozen peaches (or mixed berries, mangoes, or pineapple)
- 1 banana

Directions:

1. Combine water/milk and greens in a blender and run until completely combined. Add the peaches and banana and blend until smooth. Substitute other fruits and veggies for an endless variety. Pour into a glass and enjoy.

Ingredientes

- 1 taza de agua o leche baja en grasa (o leche no láctea)
- 1 taza de espinacas frescas
- 1 taza de duraznos congelados (o mangos o piña)
- 1 plátano

Instrucciones:

1. Combine la leche y las verduras en una licuadora y continúe hasta que estén completamente combinadas. Agregue los duraznos y el plátano y mezcle hasta que estén suaves. Sustituye otras frutas y verduras por una variedad infinita. Verter en un vaso y disfrutar.

Today, your child's class was visited by Farmer Tina, and this colorful & nutritious recipe was prepared and shared as part of her lesson on the importance of eating a rainbow of fruits and vegetables. Grow It Green Morristown is a local non-profit organization that creates sustainable farms and gardens, and educates communities on healthy eating and environmental stewardship. We believe that fresh, local food should be accessible to all. For more information about Grow It Green Morristown, and ways you can help support local food access, please visit our website: <http://www.growitgreenmorristown.org/>

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