



FOCUS - GREEN OPPORTUNITIES TO
ENHANCE NUTRITION & HEALTH

SMOOTHIE

Easy to Make, Good for Health Juice

What's "Smoothie"?

Smoothies are made by blending whole vegetables and fruits, making them rich in dietary fiber, vitamins, and minerals.

They are attractive drinks because they allow us to consume vitamin C, which is sensitive to heat, as well as B-group vitamins and minerals that are difficult to ingest without any waste.



The Health Benefits of Ingredients



Spinach is rich in iron, vitamin C and E, potassium, and magnesium. As part of a nutritious diet, it can help support immune function, aid the digestive system, may even have anticancer properties.

Bananas are best known for containing potassium, which is a big player in heart health. Foods with potassium help protect against hardening of the arteries and high blood pressure.



Apples contain antioxidants, vitamins, dietary fiber, and a range of other nutrients. Due to their varied nutrient content, apples can be a healthful component of a balanced diet.

Milk is an excellent source of vitamins and minerals which are under-consumed. It's an excellent source of protein and contains hundreds of different fatty acids, including conjugated linoleic acid and omega-3s.

