

Minty Sweet Spinach Smoothie

*Reproduced with permission from "Food is Our Medicine Making it Sacred Cookbook"
by Southern Ontario Aboriginal Diabetes Initiative*



INGREDIENTS (4 SERVINGS)

2 cups fresh spinach
1 fresh mint sprig
1 pint strawberries
3 bananas
2 cups cold water

DIRECTIONS

1. Place all ingredients in a blender.
2. Puree until frothy.
3. Serve.

Nutritional Uses:

- Adding greens, such as spinach and kale to your smoothies are a great way to get more vegetable into your diet.
- Vegetables and fruit contain vitamins, minerals, antioxidants and fibre.
- Eating a variety of vegetables and fruits each day help to lower your risk of certain cancers, heart disease, stroke and obesity.