



## Lime Smoothie

### 4 servings

- 8 ice cubes
- 1 (6-ounce) container lime yogurt
- ½ lime, peeled, cut in chunks
- 1 c. fresh spinach leaves
- 1 c. pineapple, diced
- ½ c. pineapple juice

Place ingredients in blender or food processor in same order as written. Blend until smooth.

Per serving: 80 calories, less than 1 g fat (0.26 g saturated, 0.01 g monounsaturated, 0.03 g polyunsaturated and 0 trans fats), 2 g protein, 19 g carbohydrate, 1 g fiber and 30 mg sodium

**NDSU**  
Extension Service

[www.ag.ndsu.edu/food](http://www.ag.ndsu.edu/food)

NDSU is an EQAA institution. This publication will be made available in alternative formats for people with disabilities upon request. (701) 231-7881.