



Food Hero Recipe Highlights

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Many recipe videos

Kid and adult tested

Toggle between languages

Versions to cook for a crowd

Recipes use a few common ingredients; most recipes include fruits and vegetables

Directions are easy to read and follow, and require only basic cooking tools

Most recipes are quick to make

Recipes meet nutrition standards

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Ingredients:
 1 cup orange juice
 1/2 cup pineapple juice
 1/2 cup low-fat plain or vanilla yogurt
 1 banana, peeled and sliced
 2 cups fresh spinach leaves
 2 cups crushed ice

Directions:
 1. Combine all ingredients in a blender.
 2. Puree until completely smooth.
 3. Serve immediately.
 4. Refrigerate leftovers within 2 hours.

Notes:
 • For a thicker smoothie, use frozen fruit or vegetables instead of ice.
 • Use any type of juice, even juice from canned pineapple.

Prep time: 10 minutes
Makes: 4 cups
Nutrition Facts: View Label

14 Comments for "Popeye Power Smoothie"

Submitted by Joanne Lyford on Wed, 07/10/2019 - 14:15
 I tried this recipe with some fifth grade students on a Friday afternoon. After the lesson, once everyone was served, the students decided to "toast" by clinking their paper cups and taking sips after every "toast". Everyone got a turn to offer a "toast" and I was amazed at how many celebrated many of the new foods we'd tasted during the year. "Here's to strawberries", one student exclaimed. "Here's to garbanzo beans", "...and hummus"...and on and on it went. At the end they spontaneously decided to garnish their drinks with the few remaining spinach leaves. More "toasts" ensued and the final toast was "We love spinach!"