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Use WIC foods to try these great recipes from Foodhero.org!

They are easy, fast, and delicious!

Corn Critter Salad

Peanut Butter Breakfast Bars

Oven French Toast

Easy Cheesy Enchiladas

Skillet Cabbage

Popeye Power Smoothie

Lentil Confetti Salad

Orange Delight

Breakfast No-Bake Granola Bars

Minestrone Soup

Peanut Power Drink

Burrito Soup



Food Hero is designed to inspire people with simple and low cost recipes and food-planning tips that highlight fruits and vegetables as a key part of a healthy and balanced diet.

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Oregon State
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Service



Popeye Power Smoothie

Ingredients

- 1 cup **orange juice**
- ½ cup **pineapple juice**
- ½ cup **plain** or **vanilla yogurt**
- 1 **banana**, peeled and sliced
- 2 cups fresh **spinach leaves**
- Crushed **ice**

Directions

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



Nutrition Facts			
Serving Size about 1 cup (166g)			
Servings Per Container 4			
Amount Per Serving			
Calories 90		Calories from Fat 5	
		% Daily Value*	
Total Fat	0.5g		1%
Saturated Fat	0g		0%
Trans Fat	0g		
Cholesterol	5mg		2%
Sodium	35mg		1%
Total Carbohydrate	20g		7%
Dietary Fiber	1g		4%
Sugars	15g		
Protein 3g			
Vitamin A 30%		Vitamin C 70%	
Calcium 8%		Iron 4%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat 9 • Carbohydrate 4 • Protein 4			

For more recipes and tips on eating well for less, visit www.foodhero.org