



# Aspectos Destacados de las Recetas de Héroe de Alimentos

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**Recetas A-Z List**

**Ingredients A-Z List**

**Gardening**

**Español**

**Alternar entre idiomas**

**Versiones de recetas para una multitud**

**Las recetas usan pocos ingredientes; la mayoría de las recetas incluyen frutas y vegetales**

**La mayoría de las recetas son rápidas de preparar**

**Las instrucciones son fáciles de leer y seguir, y solo requieren herramientas básicas de cocina**

**Las recetas cumplen con los estándares de nutrición**

**Favorito de la audiencia: Buscar recetas por ingrediente**

**Opciones e ideas para modificar la receta a su gusto**

**Cientos de comentarios por receta**

**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!"