



## Join the #GreatSmoothieSlurp

1. **Find Local! / ¡Encuentra local!**
2. **Haga una batido / Make a Smoothie**
3. **¡Sorbeeeeeer!**
4. **Share on social media!**

**Tag Us**

**#GreatSmoothieSlurp  
@Putlocalonyourtray**

**Resources, Recipes and  
more!**

**putlocalonyourtray.  
uconn.edu**



Funding for this project  
provided by the Connecticut  
Milk Promotion Board.



# **Kale Strawberry Smoothie**

## **Un batido de fresa y col rizada**

**Makes two 8 oz servings**

### **Materials**

**Blender or large jar with tight lid /  
Licuadora o jarra con tapa  
apretada.**

### **Ingredients**

**3/4 cup/taza kale or spinach,  
washed**

**1 cup/taza strawberries, stems  
removed & washed**

**1 1/2 cups/tazas of milk and/or  
yogurt**

**2-4 ice cubes**

### **Make it with a blender!**

**Add all ingredients to blender and  
blend until smooth! / ¡Agregue  
todos los ingredientes a la  
licuadora y mezcle hasta que  
suede suave!**

### **Make it without a blender!**

**Chop greens as fine as you like,  
mash strawberries, and combine  
in jar with milk and/or yogurt, and  
ice. Shake to combine! / Picar las  
verduras, triturar las fresas y  
combinarlas en un frasco con  
leche y/o yogur y hielo. ¡Agitar  
para combinar!**

**This recipe has been adapted from  
Hartford Public Schools, FCNS - 2018**

**Serving Size: 8 oz.**

**Meal Pattern Contribution:**

**1 M/MA & ½ cup Fruit**

**Allergens: Dairy**