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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 suene 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