



KALE

Antioxidant, anti-inflammatory, and anti-cancer features. Lowers cholesterol and detoxifies the body. High in vitamin K, A, and C. Contains folate – for brain development. Good source of lutein and zeaxanthin for healthy vision. Contains fiber to help you feel more full and manage blood sugar.



PUMPKIN SEEDS

Magnesium – needed for pumping of heart, proper bone and tooth formation, and relaxation of blood vessels

Good source of omega-3s, vitamin E, K, protein, zinc (for immune support), L-tryptophan (helps with good sleep)



ORANGES

Contains phytonutrient compounds, including ones to lower high blood pressure and cholesterol. High in vitamin C for antioxidant protection and immune function. Protects against cardiovascular disease.

GREEN POWERHOUSE SMOOTHIE

A BURST OF NUTRIENTS



RECIPE

created by Maki Ishizu

Ingredients

- 1 cup kale, packed
- 2T pumpkin seeds
- 1 small banana
- 1 small orange
- 1T chia seeds
- 1 ½ cups water

Directions

Blend all the ingredients together

Nutrition Facts

Serving Size 12 oz (355mL)

Amount Per Serving

Calories 290 **Calories from Fat** 50

%Daily Value*

Total Fat 6g **9%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 35mg **2%**

Total Carbohydrate 55g **18%**

Dietary Fiber 13g **52%**

Sugars 0g

Protein 9g

Vitamin A 210% • Vitamin C 250%

Calcium 20% • Iron 10%

* 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
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carb		300g	375g
Dietary Fiber		25g	30g

