

Sweet Green Smoothie

Makes: 2 servings

Ingredients:

- **2 cups green cabbage**
- **1 red apple**
- **1/2 cup spinach**
- **2 tablespoons peanut butter**
- **2 1/2 cups cold almond milk, coconut milk or filtered water**
- **2 teaspoons cinnamon**
- **Optional: 2 teaspoons Stevia**



Photo Credit:
www.simpleveganblog.com

Method:

1. Wash and chop up green cabbage into slices, enough for two cups.
2. Wash and chop apple into slices, making sure to cut the core out.
3. Wash spinach.
4. Place all the ingredients (including apple and cabbage) into the pitcher of a blender.
5. Blend on high until smooth.
6. May serve chilled or as is. Enjoy!

Nutrition Facts	
2 servings per container	
Serving size	1 cup
Amount Per Serving	
Calories	160
% Daily Value*	
Total Fat 9g	12%
Saturated Fat 2g	10%
<i>Trans Fat</i> 0g	
Polyunsaturated Fat 2g	
Monounsaturated Fat 4g	
Cholesterol 0mg	0%
Sodium 80mg	3%
Total Carbohydrate 23g	8%
Dietary Fiber 6g	21%
Total Sugars 12g	
Includes 1g Added Sugars	2%
Protein 6g	12%
Vitamin D 0mcg	0%
Calcium 80mg	6%
Iron 1mg	6%
Potassium 403mg	8%
<small>*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	



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