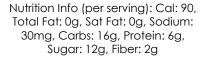
APPLE, CUCUMBER, SPINACH SMOOTHIE

Portion Size: 12 fl oz Yield: 1 serving





Fat Free Plain Greek Yogurt

Ice Cubes

Apple Juice

Granny Smith Apple, Peeled, Diced

3 TBSP

1/3 cup

1. Combine all ingredients in a blender and blend until smooth.

1/3 cup

1/3 cup

Food by FLIK

Baby Spinach

Cucumber, English, Sliced

BABY KALE, CURRANT SALAD, HONEY LEMON VINAIGRETTE Portion Size: 1/2 cup Yield: 10 servings



Nutrition Info (per serving): Cal: 40, Total Fat: 2g, Sat Fat: 0g, Sodium: 60mg, Carbs: 6g, Protein: 1g, Sugar: 4g, Fiber: 1g Lemon Juice 2 tsp Garlic, Fresh, Minced 1/2 tsp Honey 2-1/2 tsp 2 TBSP Olive Oil Salt 1/4 tsp Black Pepper 1/8 tsp Baby Kale 8 oz wt Green Onions 1/4 cup Currants, Dried 1-1/3 oz wt

- 1. Combine the lemon juice with the garlic and honey and blend, slowly drizzle in the olive oil. Add salt and pepper.
- 2. Toss with kale, scallion, currants with dressing until well coated.

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