

APPLE, CUCUMBER, SPINACH SMOOTHIE

Portion Size: 12 fl oz Yield: 1 serving



Fat Free Plain Greek Yogurt	3 TBSP
Ice Cubes	3/4 cup
Apple Juice	3 TBSP
Granny Smith Apple, Peeled, Diced	1/3 cup
Baby Spinach	1/3 cup
Cucumber, English, Sliced	1/3 cup

Nutrition Info (per serving): Cal: 90,
Total Fat: 0g, Sat Fat: 0g, Sodium:
30mg, Carbs: 16g, Protein: 6g,
Sugar: 12g, Fiber: 2g

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

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BABY KALE, CURRANT SALAD, HONEY LEMON VINAIGRETTE

Portion Size: 1/2 cup Yield: 10 servings



Lemon Juice	2 tsp
Garlic, Fresh, Minced	1/2 tsp
Honey	2-1/2 tsp
Olive Oil	2 TBSP
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

Nutrition Info (per serving): Cal: 40,
Total Fat: 2g, Sat Fat: 0g, Sodium:
60mg, Carbs: 6g, Protein: 1g, Sugar:
4g, Fiber: 1g

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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