

Lime Green Popsicles

Recipe Type: Snack

Serves: 6

Prep Time: 10 minutes

Cooking Time: None

C means cup T means tablespoon t means teaspoon oz means ounce

What you need:

- 1 lime
1 C of spinach, chopped
1 banana
1 green apple, diced with skin on
1 C of apple juice



This is a picture of 1 serving.

What to do:

1. Wash your hands.
2. Squeeze the juice from the lime into a blender.
3. Add the spinach, fruits and apple juice.
4. Blend the ingredients until they are smooth.
5. Pour the mixture into an ice cube tray or small plastic cups filling them halfway. Cover with tinfoil.
6. Poke a popsicle stick or toothpick through the foil and into the mixture
7. Freeze several hours or overnight.
8. Enjoy!

Nutrition Facts

6 servings per container

Serving size **3 Popsicles**
 (105g)

Amount per serving

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Calories	60
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% Daily Value*

Total Fat 0g	0%
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Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg	0%
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Sodium 5mg	0%
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Total Carbohydrate 14g **5%**

Dietary Fiber 2g	7%
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Total Sugars 9g

Includes 0g Added Sugars	0%
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Protein 1g

Vitamin D 0mcg	0%
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Calcium 14mg	2%
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Iron 0mg	0%
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Potassium 185mg	4%
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*The % Daily Value 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.

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