

Market District Demo Recipes

Appetizer



THE OHIO STATE
UNIVERSITY

WEXNER MEDICAL CENTER

Pineapple Protein Green Smoothie

Serves: 2

Modified from: www.Self.com

Items Needed: cutting board, knife, measuring cups, measuring spoons, blender

Ingredients:

- 2 small bananas, fresh or frozen, cut into chunks
- 2 cups loosely packed spinach leaves
- 1 cup plain 2-percent-fat Greek yogurt
- 1 cup frozen pineapple chunks
- 1 cup unsweetened almond milk
- ¼ cup pistachios
- ½ teaspoon vanilla extract

Directions:

1. In a blender, puree all ingredients until smooth.
2. Divide evenly between 2 (12-ounce) freezer-safe jars with airtight lids.
3. Freeze up to 3 months. Thaw in fridge overnight and shake well before serving.

Nutrition Information (per 1 smoothie):

Calories: 349 Fat: 11 g Carbs: 49 g Protein: 18 g Fiber: 8 g Sodium: 214 mg