



NUTRITION CONSULTING INC.

Superpower Smoothie

Calling all kids (and parents/caregivers)! This groovy green smoothie tastes great and is packed with power! Blend this up for a superhero snack.



Makes 4 Servings

What you need:

- 2 cups frozen mango pieces
- 1 can 398 ml (14 oz) unsweetened pineapple including juice
- 1 cup unsweetened apple, mango or tropical juice
- 2 cups kale (wash and remove tough stems)

How you prepare:

Place all ingredients into a blender a blend until smooth.
Serve immediately.

Per serving:

- Calories 155
- Carbohydrates 38 g
- Protein 1.6 g
- Fat 0.5 g
- Fiber 3.2 g



Andrea Holwegner, known as the Chocoholic Dietitian, is founder and president of Health Stand Nutrition Consulting Inc., a member of the Canadian Association of Professional Speakers and a media expert for the Dietitians of Canada. For nutrition counselling information and to sign up for a free monthly newsletter loaded with nutrition tips, recipes and more visit www.healthstandnutrition.com. Twitter @chocoholicRD

It's your **health.** 
Take a stand.

NUTRITION COACHING | SEMINARS | CONSULTING

PHONE: (403) 262-3466 www.healthstandnutrition.com