

# Green Juice Smoothie

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## Nutrition Information:

Calories – 80

Total Fat – .5g

Carb. – 19g

Protein – 2g

Servings – 2

## Ingredients

- 1 ¼ cups frozen mango cubes
- 1 cup chopped unpeeled English cucumber
- 1 cup packed fresh baby spinach or chopped chard
- ¾ cup unsweetened jasmine tea (made with 1 tea bag) or filtered water, chilled
- 2 Tablespoon packed fresh mint leaves
- Juice of ½ small lemon (1 Tbsp)
- 2 teaspoon fresh lime juice
- 1 teaspoon grated fresh gingerroot

## Directions:

- Purée all ingredients in a blender until smooth.
- Pour into 2 large beverage glasses and enjoy.

**Choices:** 1 Fruit, 1 Nonstarchy Vegetable

Recipe and photo credit to **American Diabetes Association My Food Advisor Recipes – Tara Donne Photography**. Recipe from **The All-Natural Diabetes Cookbook, 2<sup>nd</sup> edition by Jackie Newgent, RDN, CDN**