

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

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 half way. Cover with tinfoil.
6. Poke a popsicle stick or tooth pick through the foil and into the mixture.
7. Freeze several hours or overnight.
8. Enjoy!



This is a picture of 1 serving.

Nutrition Facts

Serving Size 3 Popsicles

Amount Per Serving

Calories 50	Calories from Fat 0
%Daily Value*	

Total Fat 0 g	0%
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Saturated Fat 0 g	0%
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Trans Fat 0 g	
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Cholesterol 0 mg	0%
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Sodium 5 mg	0%
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Total Carbohydrate 15 g	5%
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Dietary Fiber 2 g	8%
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Sugars 11 g	
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Protein 0 g	
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Vitamin C 10%	
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Vitamin A 10%	
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* Percent Daily Values are based on a 2,000 calorie diet.

FK= 4.1

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