

Greeno-Colada

Ivy Larson - "Clean Cuisine"
Palm Beach Post

Servings: 1

1 cup frozen chopped pineapple
3 tablespoons raw unsweetened
shredded coconut
1 tablespoon fresh lime juice
1 handful baby spinach leaves
3 pitted dates
1 cup water
4 to 5 ice cubes

Place all of the ingredients except the ice cubes
in a high-powered blender. Process until smooth
and creamy.

Add the ice and process again.

Drink ice cold.

Per Serving (excluding unknown
items): 73 Calories; trace Fat (1.2%
calories from fat); 1g Protein; 20g
Carbohydrate; 2g Dietary Fiber;
0mg Cholesterol; 11mg Sodium.
Exchanges: 1 1/2 Fruit.

Beverages

Per Serving Nutritional Analysis

Calories (kcal):	73
% Calories from Fat:	1.2%
% Calories from Carbohydrates:	96.2%
% Calories from Protein:	2.7%
Total Fat (g):	trace
Saturated Fat (g):	trace
Monounsaturated Fat (g):	trace
Polyunsaturated Fat (g):	trace
Cholesterol (mg):	0mg
Carbohydrate (g):	20g
Dietary Fiber (g):	2g
Protein (g):	1g
Sodium (mg):	11mg
Potassium (mg):	179mg
Calcium (mg):	16mg

Vitamin B6 (mg):	trace
Vitamin B12 (mcg):	0mcg
Thiamin B1 (mg):	trace
Riboflavin B2 (mg):	trace
Folacin (mcg):	4mcg
Niacin (mg):	1mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refused:	0.0%

Food Exchanges

Grain (Starch):	0
Lean Meat:	0
Vegetable:	0
Fruit:	1 1/2
Non-Fat Milk:	0

Iron (mg): trace
Zinc (mg): trace
Vitamin C (mg): 5mg
Vitamin A (i.u.): 14IU
Vitamin A (r.e.): 1 1/2RE

Fat: 0
Other Carbohydrates: 0

Nutrition Facts

Servings per Recipe: 1

Amount Per Serving

Calories 73 Calories from Fat: 1

% Daily Values*

Total Fat	trace	0%
	Saturated Fat trace	0%
Cholesterol	0mg	0%
Sodium	11mg	0%
Total Carbohydrates	20g	7%
	Dietary Fiber 2g	8%
Protein	1g	

Vitamin A		0%
Vitamin C		8%
Calcium		2%
Iron		2%

** Percent Daily Values are based on a 2000 calorie diet.*