



## Easy as 1,2,3 Smoothie Recipe

This recipe is great for improvisations. The types of fruits, berries, or greens can be changed to suit your liking!

Source: Erin Jackson, Gallatin Valley Farm to School

### Servings

6

### Ingredients

- 2 cups fresh greens
- 4 cups cold water
- 6 cups fruit

### Preparation

1. Add greens, water, and berries/fruit to blender in that order. If greens are put in last it will be difficult to blend.
2. Blend until smooth, stopping to stir ingredients or scrape sides of blender as needed.



### Did You Know?

Salad greens may be one of the oldest known vegetables. There are pictures of wild forms of lettuce in Egyptian tomb paintings and written accounts of lettuce that date back to 79 A.D.



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## Dig Deeper

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# Leafy Greens



Chard



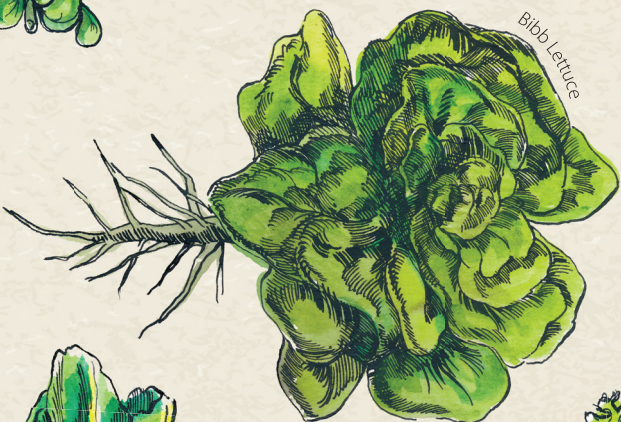
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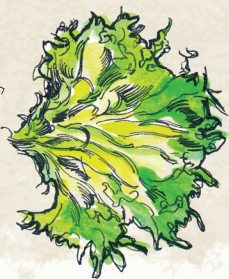
Microgreens



Spinach



Bibb Lettuce



Frisee Lettuce



Romaine Lettuce



Red Oak Leaf Lettuce

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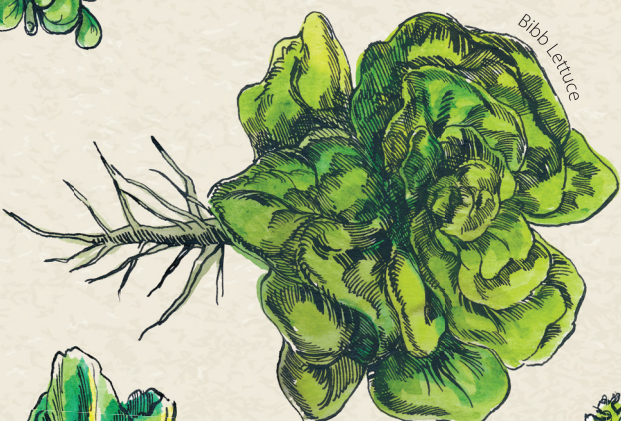
Watercress



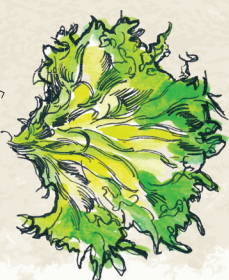
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