Recipe: Georgia's Green Bliss *

Georgia's Green Bliss
Number of Servings: 2 (294.3 g per serving)
Weight: 588.59 g

Recipe

Item Name	Quantity	Measure
Soy Milk	1/2	Cup
Banana, extra ripe, frozen	1	Each
Avocado, avg, fresh	1	Each
Spinach, baby, fresh	1/2	Cup
Pineapple, fresh, chunks	1/2	Cup
Herb, parsley, fresh, chpd	1/4	Cup
Juice, lime, fresh	2	Tablespoon

Preparation Method

Preparation ...	Cook Time	Cook Temper...	Cook Method	Pan Size
10 minutes				

Preparation Method Instructions

Combine all ingredients in a blender and puree until smooth.

Add ice and blend if desired.

* This is a great way to use over-ripe bananas! Simply freeze them and use when you are ready to make green bliss! Over-ripe or browning bananas are actually easier to digest than less ripe bananas.

Multi-Column

Nutrients	Per Servi...	Per 100g	Nutrients	Per Servi...	Per 100g
Basic Components			Biotin (mcg)	7.08	2.41
Gram Weight (g)	294.30	100.00	Vitamin C (mg)	49.77	16.91
Calories (kcal)	278.25	94.55	Vitamin D - IU (IU)	0	0
Calories from Fat (kcal)	143.25	48.67	Vitamin D - mcg (mcg)	0	0
Calories from SatFat (kcal)	20.49	6.96	Vitamin E - Alpha-Toco (mg)	2.25	0.76
Protein (g)	5.15	1.75	Folate (mcg)	112.83	38.34

You created this PDF from an application that is not licensed to print to novaPDF printer (http://www.novapdf.com)

Recipe: Georgia's Green Bliss *

Multi-Column cont.

Nutrients	Per Servi...	Per 100g	Nutrients	Per Servi...	Per 100g
Carbohydrates (g)	34.70	11.79	Folate, DFE (mcg)	112.83	38.34
Dietary Fiber (g)	10.27	3.49	Vitamin K (mcg)	147.95	50.27
Soluble Fiber (g)	0.05	0.02	Pantothenic Acid (mg)	1.76	0.60
Total Sugars (g)	17.97	6.11	Minerals		
Monosaccharides (g)	2.36	0.80	Calcium (mg)	49.50	16.82
Disaccharides (g)	2.60	0.88	Chromium (mcg)	--	--
Other Carbs (g)	6.45	2.19	Copper (mg)	0.33	0.11
Fat (g)	15.92	5.41	Fluoride (mg)	0.01	0.00
Saturated Fat (g)	2.28	0.77	Iodine (mcg)	2.01	0.68
Mono Fat (g)	10.12	3.44	Iron (mg)	1.92	0.65
Poly Fat (g)	2.44	0.83	Magnesium (mg)	54.29	18.45
Trans Fatty Acid (g)	0	0	Manganese (mg)	0.68	0.23
Cholesterol (mg)	0	0	Molybdenum (mcg)	--	--
Water (g)	230.45	78.31	Phosphorus (mg)	93.68	31.83
Vitamins			Potassium (mg)	663.87	225.58
Vitamin A - IU (IU)	1034.59	351.54	Selenium (mcg)	3.38	1.15
Vitamin A - RAE (RAE)	51.73	17.58	Sodium (mg)	52.63	17.88
Carotenoid RE (RE)	103.46	35.15	Zinc (mg)	0.86	0.29
Retinol RE (RE)	0	0	Other Fats		
Beta-Carotene (mcg)	593.78	201.76	Omega 3 Fatty Acid (g)	0.18	0.06
Vitamin B1 (mg)	0.15	0.05	Omega 6 Fatty Acid (g)	2.06	0.70
Vitamin B2 (mg)	0.20	0.07	Other Nutrients		
Vitamin B3 (mg)	2.39	0.81	Alcohol (g)	0	0
Vitamin B3 - Niacin Equiv (mg)	3.29	1.12	Caffeine (mg)	0	0
Vitamin B6 (mg)	0.36	0.12	Choline (mg)	32.62	11.08
Vitamin B12 (mcg)	0	0			

You created this PDF from an application that is not licensed to print to novaPDF printer (http://www.novapdf.com)