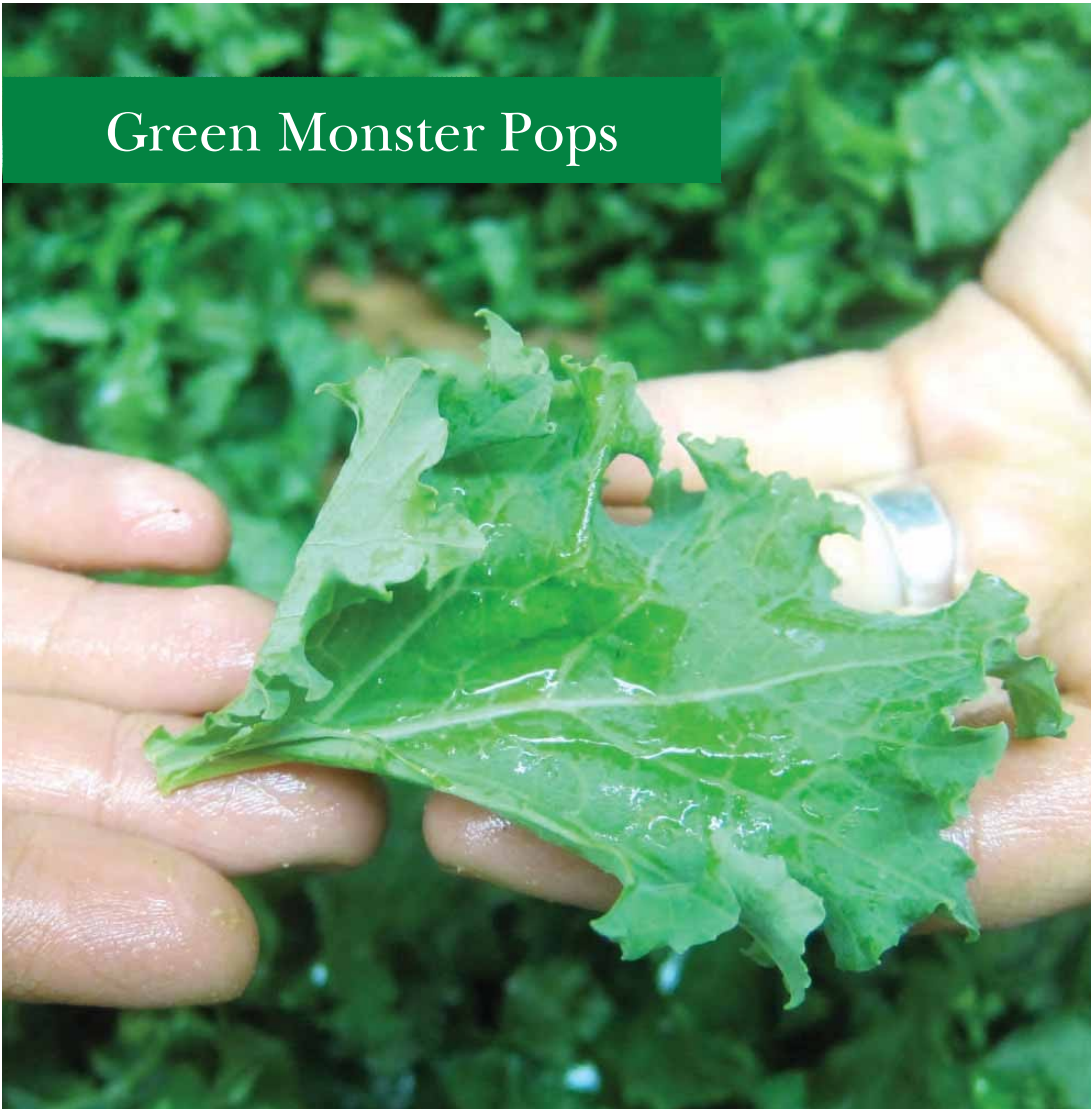


Green Monster Pops



Fall Winter Spring Summer

NUTRITION INFORMATION

SERVING SIZE: ¼ cup

Amount per Serving

Calories	41 kcal
Protein	0.57 g
Carbohydrate	10.62 g
Total Fat	0.13 g
Saturated Fat	0.02 g
Cholesterol	0 mg
Vitamin A	518.40 IU
Vitamin C	30.11 mg
Iron	0.28 mg
Calcium	12.55 mg
Sodium	3.26 mg
Dietary Fiber	1.21 g

EQUIVALENTS: ¼ cup provides ¼ cup fruit.

Recipe HACCP Process: #1 No Cook

Green Monster Pops • 50 servings (¼ cup)

INGREDIENTS	WEIGHT	MEASURE	METHOD
Pineapple		3 medium	1 Peel pineapple. Cut into quarters and cut out core. Chop.
Bananas		6 medium	2 Peel bananas.
Chopped spinach		3 cups	3 Purée spinach, kale, the bananas and pineapple in a blender. Add water and purée again.
Chopped kale		1½ cups	
Water		2 cups	4 Pour into small Dixie cups and insert treat sticks. Freeze until solid, at least 4 hours.

NOTES

If washing the kale ahead of time to store for later use, place the dried kale in a large plastic bag with several dry paper towels. The towels will help absorb any extra moisture in the bag, keeping the kale relatively dry.

