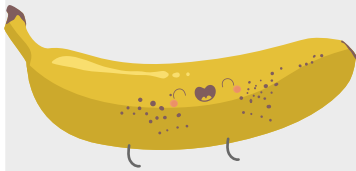


Vitamin A SMOOTHIE

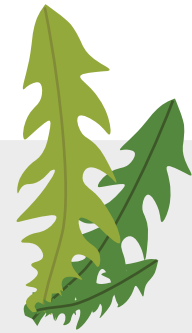
INGREDIENTS:



1/2 CUP FROZEN
BANANA CHUNKS



1/2 CUP FROZEN
MANGO CHUNKS



1/2 CUP CHOPPED
DANDELION GREENS
OR KALE (STEMS REMOVED)



1 CUP
PINEAPPLE JUICE
OR OTHER JUICE



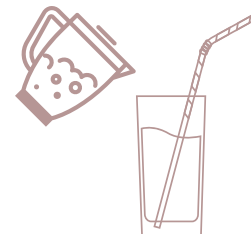
1 PITTED DATE



1. Place all ingredi-
ents in a blender.
Blend until smooth.




2. Adjust taste or texture,
if needed (add more
sweetener, spices or more
liquid)



3. Pour into glass
and enjoy!

Color

YOUR VITAMIN A SMOOTHIE!



**DID YOU
KNOW?**

Did you know that Vitamin A is super important? It helps keep your vision sharp, your skin and hair healthy, and supports your immune system and bone health.



FOODS LIKE DANDELION GREENS,
KALE, AND MANGO ARE RICH IN

vitamin A