

**IRON RICH SMOOTHIE WITH SPINACH & POMEGRANATE** 5 minutes 5 minutes 1 portion**INGREDIENTS**

- 1 cup of spinach, raw [30 g]
- 1/2 cup chopped of parsley, fresh [30 g]
- 10 grams of mint, fresh
- 1/2 cup arils of pomegranates, raw [87 g]
- 15 grams [1 tablespoon] of pumpkin seeds
- 1 tbsp, of flaxseed [10 g]
- 2 units of dates, dried [30 g]
- 1 cup of water [237 g]

COOKING METHOD

1^o Place all ingredients [just move the seeds in dates] in food processor and blend until smooth. Enjoy!

NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION (449 g)	% DRI
ENERGY	70 kcal	314 kcal	16 %
FAT	3 g	13 g	20 %
FATTY ACIDS, TOTAL SATURATED	0 g	2 g	9 %
CHOLESTEROL	0 mg	0 mg	0 %
SODIUM	13 mg	58 mg	2 %
CARBOHYDRATE	10 g	46 g	15 %
SUGARS	7 g	33 g	-
FIBER	2 g	9 g	35 %
PROTEIN	2 g	10 g	-