

NAME: ROSE

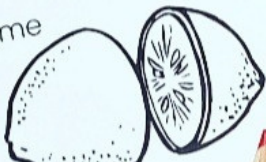
AGE: 7+ YEARS & OLDER

## FOOD FLAVOR

DATE: \_\_\_\_\_

Ms. Rose needs your help with a recipe!  
Help her choose which food is Sour,  
Sweet, Spicy, Salty or Bitter by putting  
your colored circle on each item.  
Color your page when done matching!

Lime



SPICY

Pepper

chips



SALTY

Green Apple



BITTER

spinach



SWEET

SOUR



## Power Green Juice Recipe



**Author:** Rose D.

Servings: 2 servings of 8 oz cups

Contains: Natural Sugar

### Nutrition Facts

Serving size: 8 oz

Servings: 2

Amount per serving

**Calories**

**75**

% Daily Value\*

Total Fat 0.3g

0%

Saturated Fat 0g

0%

Cholesterol 0mg

0%

Sodium 11mg

0%

**Total Carbohydrate** 20.2g

7%

Dietary Fiber 3.6g

13%

Total Sugars 13.9g

**Protein** 0.7g

Vitamin D 0mcg

0%

Calcium 20mg

2%

Iron 1mg

5%

Potassium 202mg

4%

\*The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. **2,000 calorie a day** is used for general nutrition advice.

### Ingredients

- 1 sliced green apple
- 1/2 lime
- 1/2 cup of baby spinach
- 1/4 cup of diced pineapple
- 1 cup water

### Instructions

- 1.) Wash, Chop & Slice (keep skin on, except for pineapple, extra fiber) fruit and rough chop Spinach (so it easier to process)
- 2.) Add everything into blender or juicer. If juicer, you don't have to bother with pulp as much. If blender, make sure to sieve juice from pulp.
- 3.) Blend everything til creamy. Separate juice from pulp through a sieve.
- 4.) Best served FRESH!

