



CANADA AGRICULTURE
AND FOOD MUSEUM
MUSÉE DE L'AGRICULTURE
ET DE L'ALIMENTATION
DU CANADA

A FASCINATING WORLD
UN MONDE FASCINANT



“Green Grasshopper” (aka Green Goblin) Smoothie

Ingredients

2 cups (500 ml) orange juice
2 cups (500 ml) spinach
1 banana (frozen)
6 large strawberries
1 cup (250 ml) vanilla yogurt
2 Tbsp (30 ml) honey
1 cup (350 ml) ice cubes (optional)

Preparation

Combine all of the ingredients into your blender. Blend on full strength until well blended and smooth. Serve in a glass with a straw and enjoy!

Infant botulism is a rare but serious form of food poisoning that can affect babies up to a year old.

In Canada, honey is the only food that has been linked to infant botulism.

You can help reduce the risk of this disease by only feeding honey to healthy children over one year of age.

Source: Health Canada