

March 1, 2021

FFRx Program Coordinator, Sheena McNeill: 336-705-1858

Recipe of the Week: **Green Smoothies**

Blending fresh or frozen fruit with leafy greens is one of the easiest ways to make a refreshing, tasty drink. Don't be afraid of the color – that rich green means lots of health benefits!

Follow this guide to make your own smoothie with ingredients you have, or use the recipe examples below for a guaranteed delicious beverage.

How to create a green smoothie?

1. To a blender, add 1 cup leafy greens (example: spinach or kale)
2. Add 1 cup liquid (example: almond milk, coconut milk, soy milk, cow's milk, or even water). Blend until smooth.
3. Add 1 ½ cups fruit (examples: banana, berries, orange, peach, apple, grapes, pineapple, mango). *Frozen fruit will add a creamy texture and chilled smoothie.*
4. Blend again until smooth. Enjoy!



Peanut Butter Banana Smoothie

- 1 frozen banana
- 1 cup milk
- 2 Tablespoons peanut butter
- 1 cup spinach

Blend all ingredients together until smooth.

Orange-Green Smoothie

- 1 large orange, peeled, and separated into pieces
- 1/2 large banana or 1 small banana
- 6 large strawberries
- 2 cups spinach
- 1/3 cup plain Greek yogurt
- 1 cup ice

Add all ingredients to a blender and blend until smooth.



Food Connection



How Are You Feeling?

Rates of mental illness, especially depression, have gone up dramatically over the last year. This is most likely connected with most people being alone much more, and feeling worried because of the COVID-19 pandemic. Death rates related to COVID-19 are decreasing (most likely because of the COVID vaccine) but many people are still getting sick with COVID-19, and still more time is needed until America goes back to looking like we once knew it.

With that being said, how are you feeling? Ask yourself the questions below. If you score a 2 or greater, total, it is recommended that you follow up with a PCP or a therapist. You can also reach the WFBH mobile clinic at 743-212-2021.

Over the **last 2 weeks**, how many days per week have you been bothered by any of the following problems?

1. Little interest or pleasure in doing things

Not at all	Several days	More than half the days	Nearly everyday
1	2	3	4

2. Feeling down, depressed or hopeless

Not at all	Several days	More than half the days	Nearly everyday
1	2	3	4



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Let us know if this is something you would like to see! Call Jane Weiss at 336-713-7037.

