

SELF

Flash WHAT'S NEW NOW

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NUTRITION

BY SARAH-JANE BEDWELL AT 11:30 AM

Jamba Juice Can Now Be Found in the Freezer Section at Your Grocery Store

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Love getting your produce in **smoothie style**, but hate all the chopping, dicing and slicing? Well, Jamba Juice's latest DIY home smoothie kit is just for you. The new Green Fusion smoothie combines green apple, mango, pineapple, kiwi, banana, broccoli, spinach and spirulina, a cyanobacterium that is a complete protein, in a convenient frozen pouch to offer a sweet yet hearty smoothie perfect for morning commutes, post-workout refreshment or just as **a better-for-you snack**.

Each eight-ounce glass contains just 120 calories and provides one full serving of fruit. It's chockfull of vitamins, too: One serving has 100 percent of the recommended dietary allowance (RDA) of vitamin C, 40 percent of vitamin A and 25 percent of vitamins D, E, K, B1 and B6. (Talk about a mouthful!) Each easy-to-make smoothie kit contains whole pieces of frozen fruit and vegetable blocks that, when blended with one cup of apple juice, makes two, eight-ounce servings. Easy enough, right?