



Cornell University
Cooperative Extension
New York City



Concord Grape Smoothie

Yields 6 servings (½ cup each)

Ingredients

- 1½ cups of concord grapes
- 2 cups fresh spinach, chopped
- 1 cup fresh watercress, chopped
- 2 cups water

Instructions

1. Wash the concord grapes with cold, running water. Carefully wash the spinach and watercress in a bowl full of water and rinse the bowl several times until the water comes out clean.
2. Chop the spinach and the watercress.
3. Add the grapes, spinach, and watercress to a blender. Add the water. Blend for 1 minute until a smooth consistency is reached without food chunks.
4. Strain the smoothie thru a fine strainer to remove the grape seeds from the smoothie.
5. Serve and enjoy. Leftover smoothie can be stored an air-tight container in refrigerator for up to 2 days.

Helpful Information

- Smoothies contain fiber because nothing from the original fruit or vegetable is removed when it's made by using a blender. Fiber helps with digestion, keeps us full longer, support our gut health, and lowers our cholesterol.
- Concord grapes are filled with antioxidants, flavonoids, and nutrients, including vitamin C, potassium, vitamin K, and manganese. Vitamin C can strengthen your immune system.
- Eating red/purple grapes every day can support cardiovascular system because it keeps arteries healthy and clear and reduces damaging effects of LDL cholesterol. Concord, dark red or purple grapes have more antioxidants than green grapes.
- Watercress is high in vitamin C, vitamin K and antioxidants which can improve heart health and bone health. You can add raw watercress to salads, sandwiches, or a handful of watercress to smoothies.

Source: CUCE-NYC FMNP Recipe Collection 2023

To find farmers' market recipes, please go to: <http://nyc.cce.cornell.edu/farmers-market-recipes/>

To find recipe videos, please visit YouTube channel at: **Farmers Market Recipes CCE NYC**

| Nutrition Facts | |
|------------------------------|-----------------------|
| Servings Per Recipe | 6 servings |
| Serving size | ½ cup |
| Amount per serving | |
| Calories | 20 |
| | % Daily Value* |
| Total Fat 0g | 0% |
| Saturated Fat 0g | 0% |
| Trans Fat 0g | |
| Cholesterol 0mg | 0% |
| Sodium 10mg | 0% |
| Total Carbohydrate 4g | 1% |
| Dietary Fiber 0g | 0% |
| Total Sugars 4g | |
| Includes 0g Added Sugars | 0% |
| Protein 0g | |
| Vitamin D 0mcg | 0% |
| Calcium 19mg | 2% |
| Iron 0mg | 0% |
| Potassium 112mg | 2% |

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

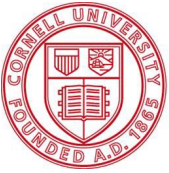
Label analysis based on ingredients listed.

Recipe analyzed using The Food Processor® Nutrition Analysis Software from ESHA Research, Salem, Oregon.

This material was funded in part by USDA's Expanded Food and Nutrition Education Program.

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Batido de Uvas Concord

Rinde 6 porciones (½ taza cada una)

Ingredientes

- 1½ tazas de uvas Concord
- 2 tazas de espinaca fresca, picada
- 1 taza de berro fresco, cortado
- 2 tazas de agua

Instrucciones

1. Lave todos los vegetales y frutas con agua fría corriente. Lave el berro y la espinaca en un tazón lleno de agua y enjuague el tazón varias veces hasta que el agua salga limpia.
2. Corte la espinaca y el berro.
3. Agregue las uvas Concord, la espinaca y el berro a la licuadora. Agregue el agua. Licúe por 1 minuto hasta que tenga una consistencia líquida, sin pedazos.
4. Escurra el batido en un colado fino para remover las semillas de las uvas.
5. Sirva y disfrute. Se puede guardar lo que sobre del batido en un contenedor cerrado en el refrigerador por hasta 2 días.

Información Útil

- Los batidos contienen fibra porque ninguna parte de la fruta o del vegetal se remueve cuando se usa una licuadora. La fibra ayuda en la digestión, nos mantiene saciados por más tiempo, apoya nuestra salud intestinal, y baja nuestro colesterol.
- Las uvas Concord están llenas de antioxidantes, flavonoides, y nutrientes, como la vitamina C, el potasio, la vitamina K, y el manganeso. La vitamina C puede fortificar su sistema inmunológico.
- Comer uvas rojas o moradas cada día puede fortalecer su sistema cardiovascular ya que mantiene las arterias saludables y limpias y reduce los efectos dañinos del colesterol LDL. Las uvas Concord, las uvas rojas y moradas tienen más antioxidantes que las uvas de color verde.
- El berro tiene mucha vitamina C, vitamina K y antioxidantes que mejoran la salud del corazón y de los huesos. Puede agregaré berro crudo a las ensaladas, los sandwiches o un puñado de berro a los batidos.

Source: CUCE-NYC FMNP Recipe Collection 2023

Por favor vea recetas de los mercados en nuestro sitio web: <http://nyc.cce.cornell.edu/farmers-market-recipes/>

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| Dietary Fiber 1g | 4% |
| Total Sugars 2g | |
| Includes 0g Added Sugars | 0% |
| Protein 0g | |
| Vitamin D 0mcg | 0% |
| Calcium 12mg | 0% |
| Iron 0mg | 0% |
| Potassium 68mg | 2% |
| <small>*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small> | |
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