

Vitamin G

10 Healthy Food and Cocktail Recipes for St. Patrick's Day Parties

By [Lexi Petronis](#) • 2 DAYS AGO

With St. Patrick's Day just around the corner, plenty of opportunities await to partake in celebratory dishes—but you don't have to resort to green beer...especially when there are fun (and more healthful!) twists like these you can take with food and cocktails. All of the drinks are about 200 calories or less, and the dishes provide added nutrition than some of the usual suspects.

Shamrock Smoothie



[Hilton Head Health's](#) shake is nonalcoholic and loaded with vitamins and minerals.

2 cups fresh spinach

2 cups coconut water

1 1/2 cups fresh diced pineapple

1/2 cup cubed avocado

1 cup banana

Peel banana (the browner the banana, the sweeter the smoothie), wrap in foil or in a plastic bag, and freeze. In a blender combine spinach and coconut water, blend until smooth. Add pineapple, avocado, and frozen banana; blend until smooth. Serve cold and enjoy!