

# Dilgard Produce



## PRODUCT DESCRIPTION

50/50 Lettuce/Romaine Blend

## Pk/Size

4, 5 lb

## ***Dilgard #***

***P04704***

**Romaine Facts:** Crisp romaine lettuce is a highly nutritious leafy green to use in a green smoothie. It has a mild flavor that is easily masked by fruit so it's perfect if you're new to green smoothies or making it for picky eaters. You can add an entire head of lettuce to a fruit smoothie and not impact the taste at all. I typically toss in an entire head of romaine in my morning smoothie. It provides 106 calories and gives me a super jolt of nutrition first thing in the morning.