

# SUPER SMOOTHIES



Getting kids to eat more fruits and vegetables can sometimes feel like a challenge, but smoothies make it easy and fun! This recipe starts with a nutritious, creamy base and offers three flavorful variations: Berry Banana Blast, Hidden Greens Chocolate Peanut Butter, and Tropical Pineapple. These smoothies are quick, affordable and full of protein, fiber and essential vitamins. Perfect for breakfast, snacks or even a healthy dessert!

## Base Ingredients

- ½ cup plain fat-free Greek yogurt
- ½ cup low-fat milk (or milk of choice)
- ½ frozen banana
- If desired: 1 tsp honey or 1 tsp calorie free sweetener (Stevia, Sweet-n-Low, etc.)

Consider adding a scoop of protein powder for an extra boost of protein

## Base Directions

1. In a blender, combine Greek yogurt, milk, frozen banana and sweetener (if using).
2. Blend until smooth.

Keep peeled, frozen bananas in the freezer to have on hand



Prep time: **10 minutes**



Makes **1 (or 2 small) smoothie per serving**

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## *Hidden Greens Chocolate Peanut Butter*

### Ingredients

- 1 tbsp unsweetened cocoa powder
- 1 cup baby spinach
- 2 tbsp no-sugar-added peanut butter



## *Tropical Pineapple*

### Ingredients

- 1 cup frozen pineapple chunks
- ½ cup frozen mango



## *Berry Banana Blast*

### Ingredients

- 1 cup frozen mixed berries

## Nutrition Facts

servings per container	
<b>Serving size</b>	<b>(301g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>170</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 2.5g	<b>3%</b>
Saturated Fat 1.5g	<b>8%</b>
Trans Fat 0g	
<b>Cholesterol</b> 15mg	<b>5%</b>
<b>Sodium</b> 95mg	<b>4%</b>
<b>Total Carbohydrate</b> 24g	<b>9%</b>
Dietary Fiber 3g	<b>11%</b>
Total Sugars 18g	
Includes 4g Added Sugars	<b>8%</b>
<b>Protein</b> 15g	
Vitamin D 0mcg	<b>0%</b>
Calcium 280mg	<b>20%</b>
Iron 0.5mg	<b>2%</b>
Potassium 410mg	<b>8%</b>

\*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.

\*Additional ingredients from the flavor variations will modify the nutrition facts of the recipe.

## Directions

1. Add ingredients for flavor variation of choice to the base smoothie.
2. Blend thoroughly until smooth and creamy.
3. Serve immediately.