



Smoothies *to drink or eat with a spoon*

SERVINGS

about 4

TIME

15 minutes total

INGREDIENTS

- 2 cups frozen berries (*you can use fresh berries if using frozen bananas*)
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- 1 cup plain yogurt (*vanilla yogurt can have more sugar than a candy bar!*)
- 1/4 cup nuts or flax seed (*optional, will make a more filling smoothie*)
- 1/2 cup oats (*optional, will make a more filling smoothie*)
- 1-2 tablespoons honey or maple syrup (*try without first, you probably won't need it due to the sweetness of the fruit*)
- 1-2 cups water

DIRECTIONS

- Layer ingredients in blender starting with fruit in the bottom (break frozen bananas in half)
- Add yogurt on top of fruit.
- Add optional nuts, oats, or flax on top of yogurt.
- Tightly cover blender and pulse a few times to get started. Add one cup water through the top opening and blend. Taste and see if it's sweet enough for your liking. It should be at the consistency to eat with a spoon.
- If you want a drinkable smoothie, add one more cup water and blend. Taste and enjoy!

EQUIPMENT

- Blender
- Liquid and dry measuring cups
- Measuring spoons
- Spoons to taste

TIPS TO INVOLVE THE KIDS

- Designate an area to get a bit messy. Take all ingredients and equipment out ahead of time.
- Have your child layer all ingredients into the blender.
- If appropriate, have them blend or help you to do so.
- Let them taste and determine whether or not to add sweetener or additional water.

EXTRA!

- Pair this with our Create Your Own Granola to create a smoothie bowl for breakfast, lunch, or hearty snack.

