



Mom to Mom Nutrition



5
INGREDIENT
KID-FRIENDLY
SMOOTHIE



1

2

3

4

5

5 Ingredients for a Kid-Friendly Smoothie

(pick 1-2 from each category)

BASE	1 - 1.5 cup: milk, water, almond milk, coconut milk, 100% fruit/veggie juice
FRUIT	1 cup: berries, apples, bananas, melon, pears, peaches, plums, oranges
VEGGIES	1 cup: spinach, kale, bok choy OR 1/4 cup: carrots, cucumber, celery
PROTEIN	1/4 cup: yogurt, cottage cheese, oatmeal, nut butter, walnuts, almonds
FATS	2 tbsp: chia seeds, flax seeds OR 1/3: avocado
OPTIONAL	1 tsp cinnamon or nutmeg, 1 scoop protein powder, 1 tbsp honey or agave

Place 1-2 items from each category in blender. Add a handful of ice cubes or use frozen fruit for a thicker and colder smoothie. Blend and enjoy! Makes 2-3 servings.