Tasty & Healthy Smoothies

Getting children to eat fruits and vegetables can sometimes be a challenge. Try making smoothies to incorporate different foods that your children may not normally go for.

What to add:

• **Vegetables**
  
  They might not be the first thing that comes to mind as a smoothie ingredient but smoothies are a great way to get your child necessary nutrients from the veggies they refuse to eat. The following are a few examples:

  ✓ Carrots provide protection against cardiovascular diseases, add sweetness to the smoothie, and add carotenes for good vision.

  ✓ Leafy greens like spinach and kale are rich in antioxidants and vitamins.

• **Fruits**

  ✓ Bananas provide natural sweetness, Vitamin C and potassium. They are also good sources of fiber and help thicken your smoothie.

  ✓ Berries are also a great smoothie ingredient. Blueberries in particular have the highest antioxidant capacity of all fresh fruit. They promote brain health and boost the immune system.

  ✓ Tomatoes contain lycopene that protects against cancer.

• You can also add “super foods” such as wheat germ, chia seeds, flaxseed oil, oats, and wheatgrass. These foods add fiber, antioxidants, vitamins and minerals.
Try this: Tropical Green Smoothie

- 1/2 avocado
- 2 cups frozen mango
- 6 ounces peach whole fruit yogurt
- 1/2 cup orange juice

Blend & Enjoy!

*Did you know?* Avocado is a super food! One of the most nutrient-dense foods, avocados are high in fiber and, ounce for ounce, top the charts among all fruits for folate, potassium, vitamin E, and magnesium.