Fruit Smoothie

What?
1 cup of frozen fruit (strawberries, peaches, pineapple, berries)
1 cup of spinach
½ cup of milk (or ¼ milk, ¼ fruit juice)
½ cup of yogurt (Greek if available)
1 banana
2 teaspoons of flax

How?
- gather ingredients (you can choose things you already have at home)
- add ice if using fresh fruit
- have your child help choose and measure the ingredients into the blender
- talk about the different colours, flavours and textures of the ingredients
- blend until well mixed
- pour and enjoy together

Why?
*develops healthy eating habits
*allows children to be creative with healthy ingredients
*exploration of math skills like measuring and quantity
*encourages communication and turn taking skills

*one of the fantastic things about smoothies is that you can add spinach or kale to get a serving of vegetables into a delicious drink*

Check out https://www.live5210.ca/ for more information on how to promote healthy choices!