



SMOOTHIE SOLUTIONS

Smoothies are a fast, easy way to pack lots of nutrients into a single, portable cup.

They can be a fun source of daily fruits and veggies, providing essential vitamins and fiber and also contribute to hydration. If your family doesn't always welcome veggies, smoothies may be the solution! Hide some in a fruit smoothie and you won't even taste 'em.

BECOME AN ULTIMATE SMOOTHIE BUILDER

Smoothies are a great medium for self-expression! You don't even need a recipe. Just have fun trying different ingredients and with a little practice you'll become an expert.



Get started with these building blocks, but don't stop there. Keep building different smoothies until you discover a combo you love.

1. **Pick a fruit** or two or three (remove any unwanted skins or seeds): banana, berries, pineapple, mango, papaya, kiwi, apple, grapes...or whatever you love!
2. **Pick a liquid:** milk (cow, soy, coconut, almond, rice, etc.), 100% fruit juice, water, coconut water
3. **Thicken it with:** ice, frozen fruit, yogurt, nut butter, avocado, banana, tofu
4. **Give it a boost!**
 - Add a veggie color boost: raw spinach or kale, cooked beets, grated carrots, pumpkin purée
 - Add a protein boost: nut butter, slivered almonds, cashews, tofu, yogurt, protein powder
 - Add a fiber boost: oatmeal, wheat germ, ground flax seed, chia seeds
 - Add a flavor boost: vanilla extract, fresh mint or basil leaves, cinnamon, nutmeg, grated fresh ginger, citrus juice or zest, a dash of cayenne

SMOOTHIE BUILDING TIPS

- Add liquid ingredients to the blender first.
- Cut ingredients into bite-size pieces for smooth, consistent blending.
- Pulse the blender at several intervals to catch all the chunks.
- Include a "creamy" fruit (banana, avocado) to give your smoothie silky texture.
- For smooth success, a general guideline is 1 cup frozen to 2 cups non-frozen ingredients. Use frozen fruit chunks in place of ice for more flavor.
- If the finished smoothie isn't quite sweet enough, add a little fruit juice, green grapes, dates, honey or stevia instead of sugar.



HOST A SMOOTHIE PARTY

Round up a few friends, plug in the blender and get the party started.* This activity is great for afterschool play dates, weekend brunch or sleepover parties! Invite each guest to bring a different color of fruits and veggies. The host provides the base ingredients (liquid, ice, miscellaneous "boosters"—see Ultimate Smoothie Builder list above for ideas), a blender, fun cups, drink umbrellas and a few party snacks. Let each guest take turns blending up different smoothie creations for everyone to taste!

**Parental supervision recommended for this activity.*



NEXT STEPS

Smoothies are a great launch pad for kid independence in the kitchen.

- Children as young as five or six can learn to use the blender and make their own smoothies with minimal adult help.
- Even smaller hands can begin to practice washing produce, peeling skins, separating seeds and learning about measurements.
- For older children, smoothies provide an easy intro to lessons about kitchen safety, handling knives and tools, the importance of washing produce and using separate cutting boards for produce and meats.
- To review the latest kitchen safety recommendations, visit www.foodsafety.gov.

TIPS FOR PARENTS

- Smoothies for breakfast can help mornings run smoother. Sip them on the way out the door or in the car.
- Prewash fruits and veggies when you arrive home from the store so kids can simply grab them and blend smoothies on their own.
- Save money by purchasing fresh produce in season or on sale, then cut and freeze chunks for making smoothies later.
- Slightly overripe fruits and vegetables can be used in smoothies to stretch your dollar.
- For picky eaters, add vegetables, especially leafy greens, to smoothies.
- Smoothies are a great way to help your kids eat different colored foods for a complete range of nutrients. Read the “Eat a Rainbow” edition of *Better Bites* to learn more.

SMOOTHIE RECIPES

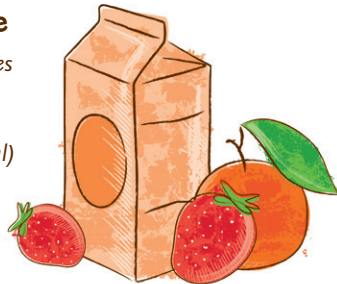
Step 1 Prep your ingredients. Peel, seed, slice and dice each fruit or vegetable.

Step 2 Place all ingredients in blender. Adding the liquid ingredients first makes blending easier.

Step 3 Blend, pulsing intermittently, until smooth.

Berry Delicious Smoothie

- 1 cup frozen strawberries, blueberries or mixed berries
- 1 ½ cups orange or apple juice
- 3 ounces soft or silken tofu (optional)



Miles of Smiles Smoothie

- 1 cup water
- 1 cup orange juice
- ½ ripe avocado
- 3 kiwi fruits, peeled
- 1 cup frozen mango chunks
- ½ cup frozen pineapple chunks
- 1 teaspoon vanilla



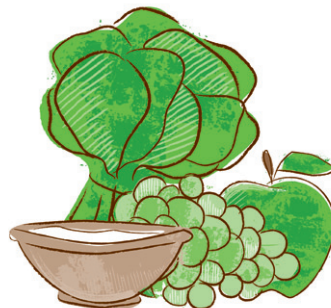
Banana Nut Smoothie

- ½ cup cow, soy, almond or rice milk
- 1 tablespoon nut butter
- 1 banana (for a thicker smoothie, cut it into chunks and freeze in advance)
- dash of cinnamon
- dash of nutmeg



Groovy Green Smoothie

- 1 banana
- 1 cup grapes (for a thicker smoothie, freeze in advance)
- 6 ounces vanilla yogurt
- ½ apple, cored and chopped
- 1 ½ cups fresh spinach leaves



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