

## **Brisk Berry Smoothie**

**Thank you Healthy Recipe Mom!**

**Prep Time:** 5 minutes

**PANS/EQUIPMENT:** Blender, measuring cups

**Number of Servings:** 2-4, depending on ages

**1 over-ripe banana**

**4-5 baby carrots**

**1 cup almond milk, plain**

**3/4 cup Triple Berry Blend, *Wyman's of Maine*, **KKA3** ice cubes**

Throw all in a blender. Run to smooth. Serve!

**5 God-made Food Colors:** yellow, orange, tan, black, blue, red

**4 Food Groups:** fruit, vegetables, nuts, water

### **PERFORMANCE RATING: 5/4**

The Kid Critics sang major praises for this smoothie. "YUMMY! Mmmmmm. Best I've ever had. Better than infinity. Want it for breakfast every day. I gave it a 3000!!! (rating)" They were really surprised to learn there were carrots in this smoothie. A 5/4 Performance Rating is great for a fruit based smoothie. Its antioxidant level is extremely high so it is a great viral and bacteria fighter. Make it for breakfasts and snacks. Put some in a thermos for a lunch box. This will be a winner with your kids, which makes you a winner!

**\*KKA** means awarded the Kid Critics Approved Seal