

Tasty Summer Smoothie Delight!

Thank you Healthy Recipe Mom, Becca

Prep Time: 5-7 minutes

PANS/EQUIPMENT: Blender, knife, cutting board

1 cup strawberries

1 cup banana slices

1 cup honeydew melon

1/2 cup combination of carrots, green beans, broccoli

Wash fruit and vegetables. Slice or cut into small chunks. Add to blender.

8 ounces organic yogurt

2 cups Icelandic Spring Water

Ice cubes

Add yogurt and water to blender with fruits and veggies. Add ice cubes (frozen Iceland Spring Water) for desired consistency. Blend until smooth and serve in colorful, fun cups with a straw.

OPTIONS: Vary the fruits and vegetables or use frozen when fresh is not available. "You can add milk of you like, but my little one is lactose intolerant so we use water."

FAMILY COMMENTS: "The veggies are a nice way to sneak them into your kid's diet without them knowing because they can't taste them and will never know they are there! My son thought it was delicious and it totally cooled him off on a hot day. Plus, he thought it was good as a sugary sweet dessert but it was good for him! Shhh."

5 God-made Food Colors: red, yellow, green, orange, white

4 Food Groups: fruits, vegetables, dairy, water

This mom told us she wanted to try making her own healthy smoothies. She took the opportunity of using Icelandic Spring Water to do so. Success. It's hard to fool a four year old. The combination and amount of fruit works to camouflage the vegetables. Broccoli makes it a little bitter so you may want to leave it out. Just know, that every little bit of vegetable count so get brave and try this smoothie. "Shhh."