

NEW PROTEIN SMOOTHIE

PREHEAT: nothing

PAN: none

- 8 ounces rice or almond milk, original, calcium enriched
- 1 scoop protein powder, plain or vanilla (egg or whey based)
- 3 heaping tablespoons peanut or almond butter, additive-free
- 1 banana, frozen

Puree thoroughly in blender. Serve.

OPTIONS: Add 1/2 teaspoon flaxseed oil

3 COLORS: white, brown, yellow

FOOD CIRCLES: Nuts, Egg or Dairy, Fruit (+ Essential Fatty Acids, flaxseed oil)

Number of Servings: 2-3

Serve with: Blueberry Waffles

Comments: “My kids love this. Really fills them up.” (mother of two)

GROCERY LIST

- rice or almond milk, plain or vanilla, calcium enriched
- protein powder, egg or whey based
- peanut or almond butter, no added sugar
- banana

OPTIONS:

Flaxseed oil

BETTER FOOD CHOICES SOLUTIONS

- Better Choices Grocery List (Chapter 13) takes the stress out of food shopping
- Kid Critics Approved products and recipes (also see CD cookbook) are taste-test approved by kids 5-14 years. Moms know the odds are that their kids will like these foods – takes the stress out of feeding kids!