

Green Smoothie Recipes

A blend of fresh fruits and green veggies

Green smoothies are a wonderful way to include more fresh green leafy veggies into your kid's diet. It tastes just like a fruit smoothie only its green. Enjoy!

Spinach Surprise

1-½ cups spinach
1 banana
1 yellow apple
water

Romaine Rush

6 large pieces romaine
lettuce
2 red apples
1 stalk celery
water

Dandelion Delight

1-1/2 cups dandelion greens
1 green apple
1 banana
1 stalk celery
water

Kale Kiss

1 cup dinosaur (lacinato) kale
(cut out stems)
1 banana
1 cup strawberries
water



Instructions:

1. Put enough water in blender to cover the blade.
2. Wash and cut up fresh or frozen fruit and blend with the water.
3. Wash and cut up fresh veggies and add to blender until smooth consistency.
4. Add more water for thinner consistency.
5. Pour into a glass and drink, or pour into a bowl and eat it with a spoon.

Be creative, make your own smoothies. Include your kids.
Best greens to use include romaine lettuce, kale, spinach, chard,
celery, parsley, dandelion greens, Boston lettuce, frisee lettuce.
Best fruits to use include all apples, pears, strawberries, pineapple,
blueberries, bananas, mango, kiwi, raspberries.