



Smooth moves

It's hard to beat a brightly colored smoothie—whether you're looking for a healthy breakfast or afternoon snack, or just a fun (no-cook) kitchen activity to do with the kids.



1. Very Berry

Berries may be small but they pack a huge punch when it comes to fiber and flavonoids—both of which are key in fighting disease.

- 2 C Fresh or frozen blueberries (or any mix of blueberries and other berries)
- 2 Fresh or frozen bananas
- 1 Avocado
- 1 C Greek (or soy or coconut) yogurt
- 2 Tbsp Chia seeds (optional)

2. Good Morning Sunshine

This sunny blend is full of vitamin C and myriad minerals. Adding ginger makes it a great tummy tonic—just remember, a little goes a long way.

- 3 C Papaya or peach
- 1 C Carrot juice
- ½ C Lemon juice
- 2 C Greek yogurt
- 1 Tbsp Fresh ginger (optional)
- 1 Tbsp Honey

3. Power Punch

This tangy treat offers protein and calcium from the yogurt and lots of antioxidants from the brightly colored berries.

- 1 C Strawberries
- 1 C Raspberries
- 2 C Mango chunks
- 1 C Greek yogurt
- 1 C Coconut water (or any milk or water)

Delicious ideas

These blends are proven combinations, but feel free to improvise or mix and match. For ingredients that freeze well—bananas, berries, most tropical fruits, and leafy greens—use either fresh or frozen. If you go with fresh, add a couple of handfuls of ice for that frosty effect.

If you've got kids who won't go for anything green, there are ways of getting in the good stuff without raising their suspicions. Start with avocado. Its flavor is hard to detect, and its creamy texture is perfect for smoothies. If you want to work in leafy greens, go for baby spinach or kale (remove stems and ribs). A handful of greens blended with other ingredients often goes unnoticed.

Each recipe makes four 8-ounce smoothies.



4. Green Machine

Even kids who turn up their nose at greens on a plate will often willingly sip them through a straw—particularly when they're blended with favorite fruits.

- 2 C Fresh baby spinach leaves
- 1 ½ C Pineapple chunks
- 1 ½ C Mango chunks
- 2 C Water (or coconut water or any type of milk)

5. Maple Almond Joy

Real maple syrup is sweet, yes. But it's also dripping with antioxidants and minerals like zinc and manganese. Mix it with almond butter—which is packed with protein and healthy fats—and you have a powerful way to start the day.

- 2 Bananas
- 2 C Almond milk (vanilla-flavored works best)
- 4 Tbsp Almond butter (or peanut or sunflower butter)
- 2 Tbsp Maple syrup
- 2 Tbsp Chia or flaxseeds (optional)
- 1 Tsp Cinnamon (optional)
- 1 Tsp Vanilla extract (optional)
- 1 Tsp Almond extract (optional)