



Fruit Smoothie

Smoothies are a quick and tasty way to sneak in veggies—especially for picky eaters! Try this super simple recipe and see what your child thinks.

Ready in Under 10 Minutes!

Ingredients

- 3 cups frozen fruit
- 1 banana
- 1 cup yogurt
- 1 cup leafy greens (like spinach or kale)
- 2 cups whole milk

Instructions

1. Wash your hands.
2. Add all ingredients to a blender.
3. Blend until smooth.
4. Pour, sip, and enjoy!

Tips for Success

- Dairy-free option? Swap whole milk for almond or coconut milk.
- Picky eater? Give your smoothie a fun name—"Superhero Smoothie" was a hit in our house!
- Make it a learning moment: Talk about why handwashing is important before handling food.