

Delicious and Nutritious: Smoothies

Making smoothies at home is a fun way to involve your children in making healthy food choices. Let them help choose what to put in their smoothie!

SWEET APPLE PIE SMOOTHIE

makes 2 servings

Ingredients:

1/2 cup frozen apple juice concentrate
1 cup vanilla regular or Greek yogurt
1 ½ tsp. pumpkin pie spice
1 cup of ice
Optional garnish: sliced apples and cinnamon

Directions: Place all ingredients in a blender and blend until smooth. Pour. Garnish. Serve.



Benefits of Smoothies:

- They pull double duty: quenching thirst and satisfying hunger at the same time.
- Smoothies can be made for a quick breakfast, a fun snack, or a healthy dessert.
- Colorful smoothies look delightful and taste great too.
- They're a great way to add more fiber and antioxidants to your kids diet.
- Smoothies don't require a lot of fancy ingredients or complex recipes.