

## Healthy Smoothies for Kids!



Smoothies are a great way of getting children to eat their **7-a-day** of fruit and vegetables. You can use fresh or frozen fruit and veg to bulk up your smoothies and save on food waste.

Smoothies contain many good **nutrients** such as vitamins, minerals, protein, and fibre. However, fruit also contains natural **sugar** so smoothies should be used a treat.

Below are 3 different smoothie recipes using our Incredible Edibles Heroes. Feel free to experiment and create your own if you wish!

### Saoirse Strawberry Smoothie

#### Ingredients:

- 60g (2oz) Strawberries.
- 1 banana.
- 2 peaches, sliced.
- 125g (4oz) vanilla or normal yogurt.

#### Method:

1. First prepare the fruit. Peel and slice the banana and peaches. Cut the strawberry's into slices.
2. Put all the fruit and liquids into a blender and whizz.



Saoirse  
Strawberry



Sammy Spinach

### Sammy Spinach Smoothie

#### Ingredients:

- 1 cup milk.
- 1 banana sliced and frozen.
- ½ cup frozen pineapple, strawberries, or mango.
- 1 cup loosely packed baby spinach.

#### Method:

1. Place all ingredients into blender and blend on high for 1 minute or until all the ingredients are combined and smooth.
2. Serve immediately.

### Cian Carrot Smoothie

#### Ingredients:

- 4 mandarins, peeled
- 1 fresh carrot peeled and chopped
- 1 cup frozen peaches
- 1/3 cup water

#### Method:

1. Combine all ingredients in a high-powered blender or food processor, and puree until smooth.
2. Enjoy right away.



Cian Carrot