

Smoothie Party!

Like the smoothies you get when you go out?
Make an even better one at home!

Smoothies are a yummy way to get your fruits and veggies. You can use fresh or frozen fruit, but using frozen will make it thicker and more like the smoothies you buy at the store.

To make: Put ingredients in blender, blend until smooth.

Totally Green

- 1 ½ cups orange pineapple juice
- 1 frozen banana
- ¼ cup yogurt
- 2 cups fresh spinach

Mostly Blueberry

- One small blueberry or vanilla yogurt
- ¾ cup blueberries
- 1 cup milk
- Crushed ice to thicken



Orange Supreme

- 8-10 shredded baby carrots
- 1 cup vanilla yogurt
- 6 oz orange juice
- Crushed ice to thicken

Get Creative!

Make your own special smoothie with your favorite combo of fruits and veggies.

Think no one else is using frozen veggies? Think again!



"I always have fresh baby carrots for Matthew to grab and eat, but if I'm going to prepare something it's faster to prepare the frozen ones." Sandra, mother of 2 year old Mikey



"I like to use frozen vegetables sometimes because they tend to be more stable in how much they cost, as opposed to fresh." Moira, mother of 4 year old Tyler