



9
smoothies

THAT WILL CHANGE
YOUR LIFE



WELCOME TO THE FAMILY!

My name is Lisa Trout and I am a teacher, author, speaker, cooking class instructor, health coach and Culinary Nutrition Expert. I am the founder of Little Chewz.

Why will these smoothies change your life? I am giving you freedom. Say goodbye to cranky tummies and hungry kids, because the tools I am about to give you will help your child re-energize & balance their blood sugar. These are also super power smoothies to fuel your child's brain and prepare them for learning. When blood sugar is low, kids lose their ability to focus and can get very irritable. You want fiber and fat to slow the breakdown of sugar. These smoothies are loaded with fiber and fat because you are not straining anything out. You are drinking pure goodness.

Are you ready? Let's meet our nine superhero smoothies!

WHY ARE SMOOTHIES SO GOOD FOR US?

Smoothies are:

- Chocked full of vitamins, enzymes, and minerals
- Easy to digest, which means optimal assimilation of your nutrients
- Great for stabilizing blood sugar (you will see each smoothie here has a healthy fat and fiber, which are key for blood sugar stabilization)
- A fabulous way to consume a variety of different fruits or vegetables at one time (or sneak some in!)
- Terrific for cleansing the body of toxicity (which we know our children are not immune to)
- An easy way to add more fiber to your diet for optimal bowel function (many children are constipated)

WHY IS BLENDING YOUR SMOOTHIE BENEFICIAL?

- The health of your body depends on your digestion. When you blend your foods, you are supporting the digestion process. Your body does not have to work as hard to break down the nutrients as they are in a pre-digestible state.
- Did you know that 80% of our energy is spent digesting and assimilating our nutrients? So why not support your body to do less work?
- Instead of having to prepare and eat cup after cup of healthy greens or fruits (which can be tricky with young children), you are packing them into one nutrient-dense smoothie...win-win!

CHOOSING A BLENDER:

- Vitamix is a super-powerful blender with a very strong motor that not only can blend smoothies, but also can make nut butters and even soups; however, it is a larger investment at around \$499.
- Blendtec is another option similar to Vitamix and costs about \$350.
- Nutribullet is an amazing alternative as it costs only \$99.
- A blender at Costco or Wal-Mart will typically cost you around \$20.

REMEMBER ANY BLENDER IS THE RIGHT ONE BECAUSE I WANT YOUR CHILDREN TO START DRINKING SMOOTHIES TODAY TO SUPPORT THEIR LITTLE GROWING BODIES FOR TOMORROW.



MAKING THE ULTIMATE SMOOTHIE ~THE BASICS

1. **Choose the liquid** – water, coconut water, milk or a dairy-free milk
2. **Choose your greens** – kale, spinach, parsley, Swiss chard, collards or lettuce (spinach is the most accepted by children as you cannot taste it in the smoothie)
3. **Choose your fruit** – banana, apple, berries, mango and more
4. **Choose your fat/protein** – hemp seeds, hemp protein, nut butters, avocado, coconut oil, flax or chia seeds or kid friendly protein powder
5. **Superfoods** – maca, raw cacao, bee pollen, shredded coconut, goji berries and more (just be careful with anything you add here that your child could be allergic too and nothing containing products made from bees should be fed to a child under 1).



KITCHEN ABC'S

Always remember that safety comes first...

A-Assemble. This is the very first step. This is a great starting point for our littlest learners. This is what we call in the kitchen, the “mise-en-place”, which means “everything in it’s place”. For our smoothie recipes, pick out the ingredients you would like to use, measure them all and get them ready.

B-Build. At this stage, we are putting the ingredients together. Using more kitchen appliances such as an oven, blender, or cooktop. This stage is great for our learners aged 6+, who are ready to use appliances with adult supervision. For our smoothie recipes, this would be the cutting of fruits and veggies, blending, pouring, and serving stages.

C-Create. This is a fun stage where you can play with the recipes a bit more, try new creations, and different cooking methods. This is where students will try gluten free or dairy free creations or add their own spice to a recipe. This stage is great for our learners aged 6+, who are ready for more independence and creativity. For our smoothie recipes, this would be a desire to add their own ingredients and super foods.



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(BECAUSE THEY MAKE YOUR KIDS HAPPY!)

* Keep in mind that depending on where your child is at on their journey, you may need to add more sweetness from extra fruit or a sweetener of your choice until their tastebuds have adjusted. Snacks for kids are filled with sugar and their taste buds get used to this.

STRAWBERRY BLISS

1 cup coconut water or almond milk or milk of choice
1/2 cup frozen strawberries
1 banana
1 Teaspoon of coconut oil
1 Tablespoon hemp seeds

1 Tablespoon flax meal or chia seeds
Pinch of cinnamon
Honey, maple syrup or sweetener of choice or couple drops of Stevia and as needed
Ice (optional)

A GINGERBREAD COOKIE

1 cup almond or coconut milk
1 Tablespoon flax meal or chia seeds
1 Teaspoon cinnamon
1 banana
1 cup of spinach
1 Tablespoon of almond butter

Honey, maple syrup or sweetener of choice or couple drops of Stevia and as needed
Ice (optional)

BODY SMART SMOOTHIE

1 cup almond or coconut milk
1/2 large cucumber peeled and sliced
1 cup fresh/frozen blueberries
1 Tablespoon flax meal or chia seeds

1 Tablespoon honey, maple syrup or sweetener of choice or couple drops of Stevia and as needed
Ice (optional)

* Cucumbers are a wonderful kidney cleanser and provide you with bounds of energy.

SWEET CRANBERRY SMOOTHIE

1 cup unsweetened
almond/coconut/hemp or rice milk
1 cup of mixed berries
1/4 cup unsweetened cranberry juice
concentrate
1/4 avocado

1 Tablespoon flax meal or chia seeds
1 Teaspoon ginger
1 Teaspoon cinnamon
1 Tablespoon honey, maple syrup or
sweetener of choice or couple drops of
Stevia and as needed
Ice (optional)

GINGERBREAD HOUSE SMOOTHIE

1 cup unsweetened
almond/coconut/hemp or rice milk
1 ripe banana
2 teaspoons freshly grated ginger
1/2 cup fresh orange juice

2 Tablespoons honey, maple syrup or
sweetener of choice or couple drops of
Stevia and as needed
Ice (optional)

CHOCOLATE BANANA SMOOTHIE

1 cup almond or coconut milk
1 ripe banana
1/2 cup kale
2 Tablespoons cashew butter
or almond butter

1 Tablespoon honey, maple syrup or
sweetener of choice or couple drops of
Stevia and as needed
2 Tablespoons unsweetened cocoa
powder or raw cacao
Ice (optional)

HAPPY SMOOTHIE

1 cup almond or coconut milk
1 cup fresh or frozen blackberries
1 Teaspoon maca powder (optional)
1 Tablespoon almond butter

1 handful of spinach
1 Tablespoon honey, maple syrup or
sweetener of choice or couple drops of
Stevia and as needed

NEED MORE ENERGY SMOOTHIE

1 cup unsweetened
almond/coconut/hemp or rice milk
2 tablespoons hemp seeds
1/2 avocado
1 banana
1 Teaspoon cinnamon

1 Tablespoon flax meal or chia seeds
Honey, maple syrup or sweetener of
choice or couple drops of Stevia and as
needed
Ice (optional)

MANGO DREAM

1 cup almond or coconut milk
1/2 cup coconut water
2 leaves kale or Swiss chard, coarsely
chopped (or a little sprig of cilantro)
1/4 avocado

1/2 cup mango chunks (the freezer
section is great for this)
1 Tablespoon honey, maple syrup or
sweetener of choice or couple drops of
Stevia and as needed

LITTLE CHEWZ...WHERE THE KIDS ARE THE CHEFS!

WHY TAKE A LITTLE CHEWZ CLASS?



SEE

Classes are engaging, informative and fun to keep and sustain interest. Students watch step by step and are guided by the teacher.



LEARN

We match learning archetypes with appropriate and engaging kitchen tasks. Our students discover how they learn best and complete tasks that motivate them to learn and grow.



DO

Step by step classes that foster independence. The teacher is the facilitator. The adult is there if needed. Students are proud to complete these tasks independently and show their peers and family.

JOIN THE FAMILY!



WWW.LITTLECHEWZ.CA