

# Smoothie Recipes for Children



Smoothies are a great way to sneak in extra fruit and yes, even veggies, into your children's diets. They are healthy, convenient and portable, and can be adjusted in size depending on whether they are for breakfast or a snack. They provide a huge number of vitamins and minerals in an easily digestible form, and if you add in things like peanut butter or avocado they are also a great source of healthy fats and protein. Simply place all the ingredients

in a Nutribullet or similar and blitz until smooth.

## Wake-Up Green Smoothie

- Small banana
- A few chunks of frozen mango
- Small handful of baby spinach or lamb's lettuce – it will change the colour but not the taste!
- 2 tbsp of oats (optional – but useful if having for breakfast)
- 1 heaped tsp almond butter - alternatively use organic peanut butter
- ½ cup cold coconut water mixed with splash of cold water
- Alternatively use non dairy milk such as unsweetened coconut or almond milk

## Berry Blast

- Handful of fresh strawberries
- Handful of fresh or frozen blueberries (blackberries or raspberries are also fine)
- 1 small banana
- ½ small avocado
- ½ cup cold coconut water mixed with splash of cold water
- Squeeze of lemon or lime



### Chocolate Mint



- 1 handful baby leaf spinach
- 1 small banana
- ½ small avocado
- 1 cup unsweetened almond or coconut milk
- 1 heaped tsp pure, organic cocoa powder
- A few fresh mint leaves
- A few ice cubes

### Sleep Well Smoothie

- 1 banana
- A few frozen cherries
- 1 tsp flaxseeds (whole or ground)
- 1 heaped tsp almond butter
- ¼ tsp natural vanilla extract
- 1 small pinch of cinnamon or grated nutmeg
- Cup of almond or coconut milk (unsweetened)
- A few ice cubes

### Where to Source the Ingredients:

- **Almond or Coconut Milk** – standard brands can be found in almost all supermarkets, or head to a health food shop for organic brands. Always go for unsweetened varieties. Feel free to change to another non-dairy milk – they have so many varieties these days you're spoiled for choice. The only one I'd say it's best to avoid is soy milk.
- **Coconut Water** – You can find this in pretty much all supermarkets these days. It can be a bit pricey but there is often a special offer, and you don't need much so one carton lasts for a while.
- **Almond Nut Butter** – supermarkets sometimes sell this (they tend to sell the Meridian brand), which is great. But you may need to go into a health food shop. You can also use other nut butters, there are a whole range – just steer clear of cheap peanut butter.