

# Roots, Fruits & Super Smoothies

Making your own juices and smoothies from a variety of produce **is healthier** than buying sugary drinks.



## SMOOTHIE MOVES

- ✓ Fresh juices and smoothies are a healthy choice for breakfast, snack, or dessert.
- ✓ You don't lose any nutrients when you blend produce into a juice or smoothie; plus, you get a tasty variety of vitamins and minerals, all in one glass.
- ✓ More color means more nutrition. Add as many different fruits and vegetables as you can into the mix.

## JUCY IDEAS

- ✓ Use a blender to easily combine fruits and vegetables. Remember to wash, chop, and remove the seeds from all produce before using.
- ✓ Blend juices and smoothies ahead of time and save in the refrigerator for later—keep in the fridge up to 24 hours.
- ✓ Pour your favorite mixture into ice trays and freeze to make delicious, healthy popsicles.
- ✓ Let your child be creative: have them help incorporate a variety of fruits and vegetables to create endless flavor and color possibilities!

*Sugary drinks, like sodas, fruit punch, and sweetened teas and coffees, are **WHOA** drinks.*

## NUTRITIOUS KNOW-HOW

**FREEZE RIGHT THERE:** Freeze ripe bananas and use to make smoothies creamier. Other fruits, like peaches, apricots, berries, pineapple, and mango, can also be frozen. Peel fruit before freezing in sealed plastic bags or containers.

**DAIRY ON:** Try including a few ounces of unsweetened 1% milk, skim milk, soy or almond milk, or yogurt.

**BEET IT:** Beets are an easy way to give drinks a bright red or pink color, and they add a bit of sweetness. Chop them into cubes before blending.

**GO GREEN:** Leafy greens, like kale and spinach, are packed with nutrition. Blending them into a bright green drink is a great way to add them to your child's diet.

## 3 simple smoothie recipes



### HULK SMOOTHIE

- ¾ cup water
- 1 banana
- 2 cups kale (or spinach)
- 1 medium apple
- 2 cups strawberries (fresh or frozen)

*Add more or less of each ingredient to fit your family's taste!*



### TROPICAL TREAT

- 1-2 cups pineapple, chopped
- 1 cup mango, peeled and chopped
- 1 frozen banana
- 1 tablespoon lemon or lime juice
- 1 cup water

*Add any other fruit you have, like oranges, peaches, or papaya.*



### WATERMELON REFRESHER

- 2 cups watermelon
- 1-2 frozen bananas
- 1 cup cucumber
- 1 cup water
- 2 tablespoons chopped mint

*For a different flavor, substitute ginger for mint.*