



Fruit Smoothies

(4-8oz Servings)

Ah...the easiest recipe of all time. All you need is a blender or food processor. The aim here is to have several different types of fruits so as to get exposure to a variety of different colored fruits. This is a recipe that lends itself to participation with children. Have your child choose the ingredients they want and mix together.

Medicinal Uses of this recipe....

Smoothies are versatile and can be catered to fit the needs of any child. For the child with mouth sores or for the child who does not like to eat their fruits, you can pack a lot of nutrition into these smoothies by just adding a wide variety of fruits. For the child who is overweight, yet still has a passion for sweets, this offers a healthier choice to the more processed sweets. For the child who has no appetite or is a fast paced toddler who is too busy to eat, you can increase the caloric content of this recipe by substituting ice-cream for yogurt and using $\frac{1}{2}$ apple juice and $\frac{1}{2}$ whole milk. You can also add a variety of protein powders to this smoothie to increase the quality and types of proteins found in this recipe.

Ingredients

$\frac{1}{2}$ cup low-fat yogurt
1 banana
 $\frac{1}{2}$ cup strawberries
 $\frac{1}{2}$ cup blueberries
1-2 TBSP Flax meal
 $\frac{1}{2}$ cup Apple Juice (100% Fruit Juice)

Optional: a few cubes of ice

You can substitute the fruit listed above with any fruit you like: bananas, peaches, strawberries, blueberries, raspberries, blackberries, pineapple, any melon, mango, guava, papaya, kiwi or others (The only ones that don't work so well are oranges and grapefruit.)

Procedure

1. Roughly cut up any combination of fruit you like and put it in the blender.
2. Add just a small splash of juice so it blends easily, and flax meal. If you are using ice, you can either blend it in or add it afterwards.
3. Blend until smooth.

Basic Nutrition Profile for One Serving (8 oz):

Kcal	123 kcal
Protein	3 grams
Carbohydrate	22 grams
Fat	3 grams
Saturated Fat	0 grams
Monounsaturated Fat	0 grams
Polyunsaturated Fat	0 grams
Fiber	3 grams

This recipe is a great source of.....

Potassium	363 milligrams
Calcium	75 milligrams
Folate	31 micrograms