

Healthy Kids Concepts Super Smoothies!

Healthy Kid Blue Power Smoothie



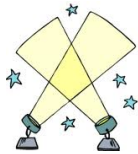
Power up with BLUE FOODS! The blue color of foods like blueberries can keep your brain sharp at its healthiest. And a bonus handful of spinach contains special nutrients like lutein that act like built-in sunscreen for your eyes.

Ingredients:

- 1c spinach
- ½ banana
- ¾ c low-fat milk (or calcium-fortified milk alternative)
- 1c blueberries

Directions:

In a blender, combine all ingredients. Blend on high power until smooth, about 1 minute. Enjoy. Tip: For a thicker smoothie, use frozen blueberries, or add ice cubes before blending.



Nutrition spotlight: Excellent source of protein (11 grams) and fiber (7 grams) and contains 40% of a 4-8 year old's daily calcium needs, and 30% of daily potassium needs.

Healthy Kid Rockin' Red Smoothie

Start your day off strong with RED FOODS! The bright red color of foods like strawberries and red peppers act like super-defenders of your body's cells to keep you healthy and strong.

Ingredients:

- 1c strawberry halves
- 1/2 large banana
- 1/2 red bell pepper, chopped
- 1/2 medium carrot, cut into coins
- 1c low-fat milk (or calcium-fortified milk alternative)



Directions:

In a blender, combine all ingredients. Blend on high power until smooth, about 1 minute. Pour into a glass and enjoy. Tip: For a thicker smoothie, use frozen strawberries and/or add ice cubes before blending.



Nutrition spotlight: Contains over 100% of a child's daily needs for vitamin A, 30% for potassium, 52% of folate, 30% of calcium, and over 1/3 of daily fiber needs for kids 4-8 years old