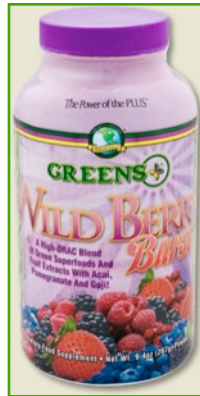




Healthy Recipe Moms



**Kid Kritics Approved Product:  
Greens Plus Wild Berry Burst Powder**



**Greens Plus Berry Smoothie**  
by Healthy Recipe Mom, Melody

**PANS/EQUIPMENT:** Blender

**PREP TIME:** 5 minutes

**NUMBER OF SERVINGS:** 1 adult or 2 kids (or more depending on ages)

**8 ounces oat milk**

**1 Tablespoon Greens Plus Wild Berry Burst Powder**

**1/3 cup frozen pitted cherries**

**1/3 cup frozen mixed berries (blueberries, raspberries, strawberries)**

**1/2 very ripe banana**

**Ice - a few cubes**

Add all ingredients to blender and blend well. You can use more or less fruit depending on your taste. Also, you can add some ice to thicken up the smoothie and keep it cold.

**OPTIONS:** Add in 2 Tablespoons protein powder, your favorite nut butter, or yogurt. Add a few drops of lemon juice to reduce the sweetness. Try rice or almond milk in place of oat milk.

**FAMILY COMMENTS:** **“This was very sweet, and my son and husband both LOVED IT!!” (Melody, mother of 4 year old)**

**RECIPE SOURCE:** Melody says, “I concocted this recipe in my very own kitchen:)”

**8 FOOD COLORS:** White, green, red, blue, purple, yellow, orange, tan

**5+ FOOD GROUPS:** Grains, fruits, vegetables, herbs, essential fatty acids + nuts/legumes & dairy option