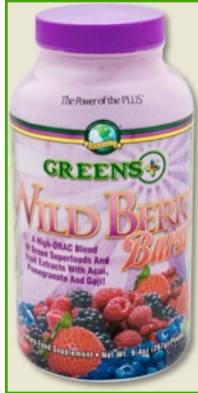




**Kid Critics Approved Product:
Greens Plus Wild Berry Burst Powder**



Strawberry Smoothie
by Healthy Recipe Mom, Kristina

PANS/EQUIPMENT: Blender

PREP TIME: 5 minutes

NUMBER OF SERVINGS: 4 (depending on ages)

1 1/2 cups fresh or frozen strawberries

3/4 cup organic vanilla yogurt (Kristina uses Stonyfield brand)

1/2 cup organic milk

Add to blender and begin to mix until mixture is smooth. If using fresh strawberries, add a few ice cubes to keep the smoothie cold!

1 Tablespoon Greens Plus Wild Berry Burst Powder

Once all is smooth add Greens Plus and serve cold.

OPTIONS: Try rice or almond milk in place of cow's milk.

FAMILY COMMENTS: **"Everyone loved this as an afternoon snack!" (Kristina, mother of 2)**

RECIPE SOURCE: Kristina's recipe

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

6 FOOD GROUPS: Fruits, vegetables, grains, herbs, essential fatty acids, dairy